



Cal Smart Turkey Chili

with Lime Crema

Calorie Smart

30 Minutes



Ground Turkey



Mexican Seasoning



Lime



Sour Cream



Black Beans



Mirepoix



Garlic, cloves



Sweet Bell Pepper



Green Onion



Crushed Tomatoes



Cheddar Cheese,
shredded

HELLO GROUND TURKEY

Using this delicious protein is a great way to lower saturated fats in a dinner!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, strainer, zester, small bowl, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Mexican Seasoning	2 tbsp	4 tbsp
Lime	1	2
Sour Cream	3 tbsp	6 tbsp
Black Beans	370 ml	740 ml
Mirepoix	113 g	227 g
Garlic, cloves	2	4
Sweet Bell Pepper	160 g	320 g
Green Onion	1	2
Crushed Tomatoes	370 ml	740 ml
Cheddar Cheese, shredded	¼ cup	½ cup
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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1



Prep

- Drain and rinse **black beans**.
- Core, then cut **pepper** into ¼-inch pieces.
- Zest, then juice **lime**.
- Thinly slice **green onion**.
- Peel, then mince or grate **garlic**.

2



Cook turkey

- Heat a large pot over medium-high heat.
- When hot, add **1 tsp oil** (dbl for 4 ppl), then **turkey, garlic** and **mirepoix**.
- Season with **Mexican Seasoning, salt** and **pepper**.
- Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min. **

3



Cook chili

- Add **peppers, black beans, lime juice, crushed tomatoes** and **½ cup water** (dbl for 4 ppl) to the pot.
- Season with **salt** and **pepper**, then stir to combine. Bring to a boil.
- Once boiling, reduce heat to medium-low. Cover and cook, stirring occasionally, until **chili** thickens slightly, 10-12 min.

4



Make lime crema

- Meanwhile, add **lime zest** and **sour cream** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.

5



Finish and serve

- Divide **chili** between bowls.
- Dollop with **lime crema**, then sprinkle **cheese** and **green onions** over top.

Dinner Solved!