



Black Bean and Turkey Chili Recipe

Serves 6 to 8

For a little more depth of flavor, there's a bit of chocolate and molasses in this chili, but feel free to try it without, especially if you like the tomato flavor to be more prominent. You can always add a bit of shredded cheese or sliced avocado on top as an additional garnish.

From "Soups + Sides" by Catherine Walters, Lake Isle Press, 2010

INGREDIENTS

2 tablespoons plus 2 teaspoons extra virgin olive oil
1 large onion, diced
1 red bell pepper, diced
1 small green bell pepper, diced
2 cloves garlic, minced
2 tablespoons chili powder
1 teaspoon ground cumin
1 (28-ounce) can crushed or diced tomatoes, with juices
3 to 4 cups water
2 teaspoons dried oregano
1 dried chipotle pepper or 1/8 teaspoon cayenne or ground chipotle pepper*
1 pound ground white- or dark-meat turkey
1 (15-ounce) can black beans
Kernels from 2 ears fresh corn (about 1 cup)
1 tablespoon unsweetened cocoa or 1 ounce (1 square) dark chocolate (optional)
1 tablespoon molasses (optional)
Salt and freshly ground black pepper
1/3 cup chopped cilantro, for garnish



Dara O'Brien

PREPARATION

1. In a large heavy pot over medium heat, place 2 tablespoons olive oil and the onion and sauté, about 5 minutes. Add the bell peppers and continue to cook another 3 to 4 minutes. Add the garlic, chili powder, and cumin and stir for another minute.
2. Add the tomatoes, water, oregano, and chipotle pepper and bring to a boil. Reduce heat to medium-low and simmer, covered, about 10 minutes.
3. While the chili is simmering, cook the turkey in 2 teaspoons oil in a nonstick skillet over medium heat, breaking it up as you go, just until it loses its pink color. Drain the fat and add the turkey to the chili, along with the beans, corn, cocoa, molasses, and salt and pepper to taste. Bring to a boil again, and then simmer another 10 to 15 minutes until all the flavors are incorporated. Taste again for seasoning and add additional salt and pepper if needed. Remove the chipotle pepper.
4. Ladle into bowls and top with the chopped cilantro.

*Dried chipotle peppers are found in grocery stores with other dried chiles. Essentially a smoked jalapeno pepper, dried chipotles add flavor to chilis. Drop one into the pot while the chili is cooking and remove at the end as you would with a bay leaf

Soups + Sides | by Catherine Walters | Lake Isle Press 2010

"People are returning to real foods, locally grown—cooking that reflects ingredients in season."
—Catherine Walters

A companion to Walters's popular "Raising the Salad Bar," this handy cookbook is an expertly compiled collection of playful yet elegant recipes for soups that are made with fresh ingredients and are just right for any meal or occasion. Whether you mix and match your favorite soups and sides or enjoy them separately, it will dare you to think beyond the every day and pull you out of your soup slump.

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