

RECIPE



TURKEY BUTTERNUT SQUASH SKILLET CHILI

4 SERVINGS



INGREDIENTS

- 2 tbsp. olive oil
- 1 lb. lean ground turkey
- 1 small yellow onion, finely chopped
- 1 green bell pepper, stem and seeds removed, finely chopped
- 2 cloves garlic, minced
- 1-16 oz. bag frozen butternut squash
- 3 tbsp. chili powder
- 1 tbsp. ground cumin
- 1 tsp. kosher salt
- ½ tsp. black pepper
- 1 c. low-sodium chicken broth
- ¼ c. tomato paste
- 2-14.5 oz. cans fire-roasted tomatoes
- 1-14 oz. can black beans, drained and rinsed
- 1-14 oz. can kidney beans, drained and rinsed
- 1 c. cheddar cheese, shredded
- ½ c. sour cream
- 2 avocados, pitted and cubed or sliced
- Fresh cilantro, for garnish

INSTRUCTIONS

- ① Wash hands with soap and water.
- ② Heat oil in a large cast-iron skillet over medium high heat. Add turkey and break up with spoon. Cook turkey, stirring frequently until browned, 5-10 minutes, or until temperature reaches 165° F as measured with a food thermometer.
- ③ Rinse dishes after each step involving raw meat.
- ④ Gently rub the onion, bell pepper and garlic under cold running water. Cut and add to skillet and cook until softened, about 5 minutes.
- ⑤ Stir in butternut squash and season with chili powder, cumin, salt and pepper. Stir in chicken broth, tomato paste and tomatoes. Bring to simmer and reduce heat to medium-low. Simmer, uncovered, stirring frequently until thickened and butternut squash is heated through, about 15 minutes.
- ⑥ Stir in beans and cook additional 5 minutes until heated through.
- ⑦ Serve hot and top with cheese, sour cream, avocado and cilantro.

This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.org.

Learn more about food safety at StoryOfYourDinner.org.

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