



Turkey Butternut Squash Skillet Chili

Makes 4 Servings

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

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

Directions

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, and until internal temperature reaches 165° F on 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.

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