

TURKEY AND BLACK BEAN CHILI

SERVES 8

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- 4 Tablespoons unsalted butter (you can use oil, but it won't be as good)*
- 2 pounds boneless, skinless turkey breast, cut into 1-inch cubes*
- 1 red onion, chopped*
- 1 cup chopped celery, about 3 stalks*
- 1 sweet red bell pepper, chopped*
- 1 jalapeno, seeded (or leave seeds for extra heat) and finely diced (optional)*
- 2 cloves garlic, finely diced*
- ¼ cup masa harina (more if you like it very thick)*
- 2 ½ Tablespoons ground cumin*
- 2 Tablespoons ground coriander*
- 2 teaspoons dried oregano*
- 1 teaspoon cayenne*
- 2 Tablespoons maple sugar or natural cane sugar*
- 2 teaspoons sea salt (double if you're using unsalted stock)*
- freshly ground black pepper to taste*
- 4 ½ cups of chicken or turkey stock, divided**
- 2 ¼ cups frozen sweet corn, thawed (about 12 ounces)*
- 5 cups or 3 15-ounce cans cooked black beans (drained and rinsed)*

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1. Melt butter in a large pot. Add half the turkey and sauté until lightly browned. Remove with a slotted spoon to a bowl. Repeat with the remaining turkey. If using cooked turkey, do not sauté in butter, but add in step 3.
2. Add the onion, pepper, celery, jalapeno, and garlic to the pot and sauté until tender, about 10 minutes.
3. Add the masa harina, spices, sugar, salt and pepper to the pot and cook, stirring frequently for 5 minutes. Return turkey and any accumulated juices back to the pot.
4. Add 4 cups stock, 1 cup corn and the beans to the pot. Take the remaining 1 ¼ cup of corn and puree with the remaining ½ cup stock in a food processor (a mini processor works too.) Add the pureed corn to the pot. Mix well and bring to boil over medium-high heat. Lower the heat to a simmer and cook, partially covered for 25 minutes. Serve with desired condiments (sour cream, cheese, minced onion, cilantro) or on top of a baked potato.

*If you only have stock in 32 oz. containers, no need to open a new one just for a 1/2 cup of stock. Puree corn in 1/2 cup water.