

Turkey and Black Bean Chili

1 t. extra virgin olive oil
1 large onion, chopped
1 red bell pepper, seeded and chopped
1 jalapeno, seeded and finely chopped
1 t. ground cumin
1/4 t. cayenne
2 1/2 c. chicken or vegetable stock
1 large can peeled, chopped tomatoes (28 oz.)
1/2 lb. Diestel ground turkey
1 can cooked black beans (15 oz.)
fine sea salt to taste
1/4 c. chopped cilantro for garnish

In a large soup pot heat the oil and sauté the onion, red pepper, jalapeno, cumin, cayenne, and ground turkey for 4 minutes. Add stock and tomatoes and simmer 15 minutes. Add black beans and simmer an additional 10 minutes. Season to taste with salt.