



# TEEN BATTLE CHEF



## TURKEY CHILI WITH BEANS AND VEGGIES



20 mins



35 mins



10 - 12 SERVINGS



- 3 tablespoons** Olive oil
- 1 large** White or yellow onion
- 2 cloves** Garlic
- 2 large** Bell peppers
- 2 small** Zucchini, chopped small
- 2 large** Carrot, chopped in half and small
- 2 stalks** Celery, chopped small
- 2 pounds** Ground turkey
- 2 tablespoons** Chili powder
- 1 tablespoon** Dried oregano
- 2 teaspoon** Powdered cumin
- 2 teaspoon** Sweet paprika
- 1/2-1 teaspoon** Salt to taste
- 2 (15 oz) cans** Dark red or black beans, drained and rinsed
- 1 (28 oz) can** Diced tomatoes
- 4 cups** Chicken or Vegetable Broth
- 1** 6 oz can of tomato paste or 4 tablespoons condensed tomato paste from the tube
- Toppings** Avocado, Sour Cream, Jalapenos, Cilantro
- Optional:**
  - 1 small 4 oz can** Green Hatch chilis
  - 1 ear** Fresh Corn, sliced off the cob
  - 2 pinches** Chipotle powder (for extra spice)

**Toppings:** Cilantro, minced  
Sour cream, large  
Avocado ripe, sliced  
Jalapeno sliced into rings

## COOKING DIRECTIONS

1. **CHOP** onions. **DICE** all vegetables. **MINCE** garlic.
2. **HEAT** oil in a large pot, **ADD** onions. **REDUCE** heat to low and **COOK** for 4 minutes until translucent.
3. **ADD** garlic, and **COOK** for 30 seconds.
4. **ADD** ground turkey and **COOK** over medium heat until browned, about 5 minutes.
5. **STIR** in all the vegetables except corn. **SAUTÉ** 5 minutes. **ADD** all the spices, and salt.
6. **ADD** the diced tomatoes, drained beans, broth, and tomato paste. **STIR** to combine.
7. **RAISE** the heat, **COVER** and bring to a boil. **SIMMER** uncovered for 15 minutes, **STIRRING** from bottom to prevent burning. **ADD** corn and **COOK** another 5 - 10 minutes until liquid is reduced by half. Continue to **STIR** from bottom. Chili should be slightly soupy. **REMOVE** from heat.
8. **TASTE** and **ADJUST** for salt and seasonings.
9. **SPOON** into bowls and **TOP** with avocado, sour cream, chopped cilantro, and jalapeño.



## EQUIPMENT NEEDED



- Large Pot with Lid
- Chef Knives
- Cutting Boards + Paper Towels
- Measuring Spoons & Cups
- Can Opener
- Large Serving Spoon
- Colander
- *Mise en Place* Bowls



- Serving Bowls
- Spoons
- Napkins

## SEASONAL INGREDIENT SUBSTITUTIONS

Using seasonal ingredients not only enhances flavor and freshness but also supports local farmers. They provide the best taste and nutrition when they're at their peak. If you can't find them, don't worry! You can always use similar ingredients to keep the dish's essence intact.



### Fall

Butternut Squash, Pumpkin, Sweet Potatoes



### Winter

Turnips, Parsnips, Cabbage, Kale or Swiss chard



### Spring

Asparagus, Snap Peas, Spinach, Radishes



### Summer

Fresh corn on the cob, Bell Peppers



## CULTURAL FACTS: CHILI



- Chili is a blend of Mexican and Texan influences, rooted in “Tex-Mex” cuisine.
- It evolved from indigenous Mexican stews, later shaped by Spanish and Canary Islander cooking traditions.
- Chili peppers, central to the dish, have deep Mesoamerican roots and were cultivated for centuries.
- “Chili con carne” became popular in Texas in the 1800s, especially among cowboys and settlers.
- San Antonio is often called the birthplace of modern chili, home to the first chili stands.

### Variations:

- Chili can be made vegetarian.
- The most common versions include beans paired with meat or poultry.

## NUTRITION FACTS

- **CARBS** *for fast energy* = beans, corn, tomatoes
  - **FIBER** *for digestion, lower cholesterol, feeling full* = beans, mixed vegetables, avocado
- **PROTEIN** *for building up body tissues, energy* = beans, poultry
- **FAT** *for long lasting energy, feeling full* = avocado (monounsaturated fats)
- **VITAMINS AND MINERALS** *for immune health* = tomatoes, mixed vegetables, avocado
  - **CALCIUM** *for strong bones* = beans, vegetables
  - **IRON** *for healthy blood* = beans, poultry
  - **POTASSIUM & MAGNESIUM** *for muscle strength and function* = beans, vegetables, avocado
  - **VITAMINS A, C, K & FOLATE** *for immune support and growth* = mixed vegetables, tomatoes
- **ANTIOXIDANTS (like lycopene)** *for heart health and disease prevention* = tomatoes