Bean and Turkey Chili

Ingredients

Stock Pot Ingredients

* 2 cans (14.5 oz) no-added-salt fire roasted diced tomatoes
* 1 can (14.5 oz) fire roasted tomatoes with green chilis (use no-added-salt if you can find it)
* 1 cup salsa (I used Green Mountain Gringo brand – medium salsa /w pasilla & jalepeno peppers)
* 3x 15 oz cans no-added-salt kidney beans, drained and rinsed
* 2x 15 oz cans no-added-salt black beans, drained and rinsed
* 1 lb bag frozen spinach
* 1 tsp oregano
* 1 tsp paprika
* ½ cup chili powder

Deep Sauté Pan Ingredients

* 2 Tbsp. olive oil or avocado oil
* 3 red onions, diced
* 4 garlic cloves, minced
* 2 pounds ground turkey
* 1 cup low-sodium beef broth

Add at the end:

* ½ bunch cilantro, chopped
* 2/3 cup canned pumpkin

Serve with a dollop of sour cream if desired

Directions

* Combine stock pot ingredients and bring to simmer on medium heat, stirring frequently
* In deep sauté pan, add oil and sauté onions and garlic
* Once onions are partially cooked/translucent, add turkey and beef broth and continue to cook until turkey is cooked through
* Add turkey mixture to the stock pot and simmer for at least 30 minutes (more time will allow the flavors to develop even better)
* Add the pumpkin and cilantro and simmer another 5-10 minutes
* Serve with dollop of sour cream if desired
* Enjoy