

Turkey Chili with Baked Potato

This recipe makes a flavourful dinner and on a cold night using the oven can warm up your kitchen at the same time. If you still have leftover turkey, this is a great way to use it up; and if not, it is easy to cut pieces of turkey loin into bite sized pieces and sauté until cooked and use them in this recipe.

When baking potatoes, I prefer to use fingerling potatoes with their skin, in contrast to a classic russet baked potato, to minimize the glycemic load (sugar surge) that comes with eating potatoes. Serving them with beans is a great way to drop your blood sugar jump even further. Overall, this is an easy-to-prepare, tasty, and popular dish for the whole family.

Serves: 4

Baking Time: 45 Minutes

Prep Time: 20 Minutes

Ingredients:

4 cups fingerling (baby) potatoes, cut into bite sized pieces

2 tablespoons avocado oil

1 medium onion, chopped

¼ teaspoon sea salt

¼ teaspoon ground black pepper

1 teaspoon ground paprika

1 teaspoon dried oregano

1 medium red bell pepper, chopped

2 green onions, chopped

1/8-1/4 teaspoon cayenne pepper (to taste)

15 ounces cooked pinto beans, rinsed and drained

1 cup salsa

½ pound cooked turkey, sliced into bite sized pieces (white and/or dark meat)

Garnish

¼ cup organic sour cream (optional)

Directions:

Preheat oven to 400° (F). Bake potatoes for 45 minutes, until tender.

Meanwhile, heat a sauté pan to medium high heat, add onions, salt, pepper, paprika, and oregano and heat for 3 minutes with an occasional stir, until onions are translucent.

Turkey Chili (Cont.)

Add bell pepper and heat another 2 minutes with an occasional stir.

Then reduce heat to low and stir in green onions, cayenne pepper, pinto beans, salsa, and turkey and simmer for 5 minutes. Cover and remove from heat.

5 minutes before potatoes are ready to serve, heat the sauté pan with chili to medium heat, stir occasionally.

To serve, add potatoes to a plate or a large bowl and spoon chili over the top and optionally garnish with sour cream.

Enjoy,

Steven Masley, MD