Turkey Chili

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
1 cup

CACFP Crediting

1 cup

Meat/Meat Alt:
2 ½ oz eq

Serving Size per Age Group

Ages 1-2:
½ cup

Ages 3-5:
¾ cup

Ages 6-12, 13-18:
1 cup

INGREDIENTS

Fresh onion, diced
Fresh carrot, diced
Fresh green bell pepper, diced
Fresh garlic, minced
Canned low-sodium red or white kidney beans
Olive oil
Ground turkey, raw
Canned low-sodium diced tomatoes
Water
Chili powder
Ground cumin
Salt
Optional Ingredients: Lime, cut into wedges
Low-fat plain yogurt

5 Servings Yield: 1 qt 1 cup		25 Servings Yield: : 6 qt 1 cup	
WEIGHT	VOLUME	WEIGHT	VOLUME
	⅔ medium		4 ¼ medium
	1 ⅓ medium		8 ⅓ medium
	⅔ large		4 ¼ large
	1 tsp		2 Tbsp ¼ tsp
10 ⅓ ozs		4 lbs	
	2 tsp		¼ cup ½ tsp
10 ⅓ ozs		4 lbs	
1 lb 3 ½ ozs	⅞ cup	7 lbs 9 oz	4 ¼ cups
	2/3 cup ⅞ tsp		1 qt ¼ cup
	2 Tbsp		¾ cup ½ Tbsp
	2 tsp		¼ cup ½ tsp
	½ tsp		1 Tbsp ⅛ tsp
	1		5
	¼ cup 1 Tbsp		1 cup 9 Tbsp

DIRECTIONS

1. Rinse and peel onion and carrots. Peel garlic.
2. Rinse bell pepper. Remove core and seeds.
3. Dice onion, carrots, and bell pepper. Mince garlic.
4. If using lime, rinse now. Cut into wedges.
5. In a colander, drain and rinse beans.
6. In a stock pot over medium-high heat, heat oil. Add turkey and brown.
7. Add onion, carrots, bell pepper, and garlic to pot. Cook until onions are soft and carrots are somewhat tender, about 5 minutes.
8. Add beans, tomatoes, water, chili powder, and cumin to pot. Season with salt.
9. Lower heat to medium. Cook until all flavors have blended and internal temperatures reach 165° F, about 15 minutes.
10. If using lime and yogurt, squeeze juice from lime wedges on top of chili or serve on the side. Top each serving with 1 Tbsp yogurt.

Slow Cooker Variation:
Follow steps 1-5 and turn slow cooker on high. Add raw ground turkey to the heated cooker. Continue with steps 7-8, adding only ½ of the water. Cook on high for 4 hours.

★ Recipe Fraction to Decimal Equivalents ★

⅛ = 0.125 ⅝ = 0.625
¼ = 0.250 ⅔ = 0.666
⅓ = 0.333 ¾ = 0.750
⅜ = 0.375 ⅞ = 0.875
½ = 0.500

★ Weight Equivalent Key ★

16 oz = 1 lb = 1.000 lb
12 oz = ¾ lb = 0.750 lb
8 oz = ½ lb = 0.500 lb
4 oz = ¼ lb = 0.250 lb
1 oz = 1/16 lb = 0.063 lb

★ Volume Equivalent Key ★

60 drops = 1 tsp
1 Tbsp = 3 tsp
⅛ cup = 2 Tbsp
¼ cup = 4 Tbsp
⅓ cup = 5 Tbsp + 1 tsp
⅜ cup = 6 Tbsp
½ cup = 8 Tbsp
⅝ cup = 10 Tbsp
⅔ cup = 10 Tbsp + 2 tsp
¾ cup = 12 Tbsp
⅞ cup = 14 Tbsp
1 cup = 16 Tbsp
½ pint = 1 cup
1 pint = 2 cups
1 quart = 2 pt
1 gallon = 4 qt