Ingredients

- 1 lb Ground turkey
- 1 can Pinto beans
- 1 can Kidney Beans
- 1 can Black Beans
- 32 oz Chicken stock
- 1 Green Bell Pepper
- 2 cup Kale
- 1 onion
- 2 tbsp Shallots
- 1 Jalapeno
- 1 can Stewed Tomatoes
- 1 can Tomato paste
- ½ tsp Cumin
- 1 tsp Paprika
- 1 tsp Chili powder
- 2 tsp Oregano, dried
- 1-2 Avocado
- 1 cup Cheddar, shredded
- 1 tbsp Olive oil

Preparation

1. Rinse all vegetables thoroughly. Rinse the beans until the water runs clear.

2. Cut the top off of the bell pepper. Remove the seeds and center. Cut the pepper into 4 pieces. Then slice all those pieces into sticks. Finally line up all the stick pieces cut into small pieces. Set aside.

3. Cut the top off of the onion, and then in half. Remove the outer layer. Cut into thin slices. Then chop into small pieces. Set aside.

4. Cut the tip off of the shallot, and then in half. Remove the outer layer. Cut into slices and then chop into pieces. Set aside.

5. Using disposable gloves or sandwich bags, cover your hands while working with a jalapeno. Cut the top of the pepper off and discard. Then cut into slices. If desired remove the seeds to avoid a spicy chili.

6. Cut away the stems of the kale. Then chop the kale and set aside.

7. In a large pot, heat the olive oil at medium-high. Add the onion, jalapeno, green bell pepper and shallot. Cook for 3 minutes or until vegetables are tender.

8. Add Cumin, paprika, chili powder and oregano, stir until well mixed.

9. Add ground turkey, mix and cook until the meat is browned.

10. Add stewed tomatoes, tomato paste, all the beans and chicken broth.

11. Bring to a boil, then reduce heat to low and allow to simmer for 45 minutes.

12. Add the kale and simmer for an additional 15 minutes or until it is wilted.

14. Serve hot, topped with avocado and shredded cheddar

**For Crockpot:**

1. Follow preparations 1-6.
2. Add all ingredients to the crockpot.
3. Set the crockpot on low heat and cook for 8 hours.
4. Add the kale at the last 15 minutes of cooking.
5. Cut around the avocado lengthwise. Twist both halves to separate. Remove seed. Using a spoon scoop out the inside. Discard skin. Cut avocado into slices.
6. Serve hot, topped with avocado and shredded cheddar.

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