



GLASSES
GOES
GLUTEN
FREE



APPLE & SWEET POTATO CHILI

A BLEND OF YOUR FAVORITE FALL FLAVORS

YOU WILL NEED:

- 2 lbs ground turkey
- 1 small onion, diced small
- 1 sweet pepper, diced small (green, red, orange, or yellow)
- 2 teaspoons garlic
- 1 sweet potato, diced small
- 1 apple, peeled and diced small
- 1 large can crushed tomatoes (28 oz)
- 2 Tablespoons tomato paste
- 1 can black beans, rinsed and drained
- 1 cup chicken stock
- 1 cup water
- 2 Tablespoons unsweetened cocoa powder
- 2 Tablespoons chili powder
- $\frac{3}{4}$ teaspoon cinnamon
- Salt to taste

- 1** In a large stock pot, place ground turkey, diced onion, green pepper and garlic. Cook together until turkey is no longer pink.
- 2** Add in remaining ingredients (sweet potato, apple, crushed tomatoes and paste, beans, broth, water, cocoa powder, chili powder, cinnamon, and curry) and bring to a boil.
- 3** Once boiling, lower heat to a low setting and simmer, covered for 30-40 minutes or until potatoes are tender.