

Canadian Maple Turkey Chili with Fresh Veggies



Instructions:

Take out equipment.

...the night before...

1. Heat oil in a large **stove-top** pot at medium. Sliver onion adding to pot as you cut. Cook until onion is soft and slightly translucent, stirring occasionally. Cut bacon into chunks and add to pot. Add ground turkey stirring until no longer pink. Add maple syrup. Transfer to center crock of **slow cooker**. Wash and cut celery into chunks then slice mushrooms, adding to crock as you cut. Wash, then coarsely chop peppers and tomato, adding to crock as you chop.

Add spice, tomato soup, baked beans and ketchup. Drain and rinse mixed beans and add. Mix in carrots and green beans.

Stir to combine, cover and place in **fridge** overnight.

...in the morning...

2. Return center crock with lid to **slow cooker** and set at **low heat**.

...just before dinner...

3. Set **oven** to **375° F**. Add corn to chili. Stir to combine.
4. Rinse veggies and arrange on a plate with dip.

Serve with whole-wheat rolls if you wish.

Recipe by Sandi Richard
from *Dinner Survival*

Ingredients:

Take out ingredients.

- 1 tsp canola oil**
- 1 onion**
- 6 slices fully cooked bacon** purchase this way
- 1 lb or 450 g ground turkey**
- 2 Tbsp maple syrup**
- 2 ribs of celery**
- 10 mushrooms**
- 1/2 of a green bell pepper**
- 1/2 of a red bell pepper**
- 1 large tomato**
- 1 Tbsp chili powder**
- 1 Tbsp cumin powder**
- 1/8 tsp each salt and pepper**
- 1/8 tsp cayenne** (optional)
- 1 can tomato soup, reduced-sodium**
(10 fl oz or 284 mL)
- 1 can baked beans in tomato sauce**
(14 fl oz or 398 mL)
- 1/2 cup ketchup**
- 1 can mixed beans (19 fl oz or 540 mL)**
(kidney, garbanzo, combinations vary)
- 1 cup frozen baby carrots**
- 1 cup frozen or fresh green beans**

If you need to cook this for more than 6 hours add an additional cup of water.
Read about slow cookers on page 31.

- 1 cup frozen corn**
- 1 package of cut up raw veggies**
(1 lb or 450 g) broccoli, cauliflower...
- 1/2 cup ranch dressing, fat-free**

6-8 whole-wheat rolls (optional)

Serves 6-8

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Equipment List:

...the night before...

- Slow cooker
- Large stove-top pot
- Cutting board
- Sharp meat knife
- Sharp veggie knife
- Can opener
- Stirring spoon
- Measuring cups and spoons

...just before dinner...

- Colander
- Small serving bowl
- Stirring spoon
- Measuring cups
- Serving plate

Per serving:

Calories	386
Fat	8.8 g
Protein	24.4 g
Carbohydrate	57.8 g
Fiber	11.3 g
Sodium	1013 mg

U.S. Food

Exchanges:

2	Starch
2 1/2	Meat-mod fat
1	Other Carb

Cdn. Food

Choices:

2	Carb
2 1/2	Meat/Alt
1/2	Fat
1	Other Carb

