

## Chili (makes 10-12 servings)

As the weather turns cold outside, I think about warming up indoors with soups. One of my favorite recipes for this time of year is a good chili! Below you'll find my family's chili recipe. I always add lots of veggies to make it healthier for the family! - Misty

1 lb ground turkey	1 green bell pepper	4-5 Tbs chilli powder
2 large onions	1 yellow bell pepper	1 Tbs cumin powder
2 stalks celery	2 large (16 oz) cans tomato sauce	1 Tbs coriander powder
2 cloves garlic	1 can black beans	handful fresh cilantro
1-2 large carrots shredded	1 can pinto beans	shredded cheddar cheese
Salt & pepper to taste		

Chop all the vegetables into bite size pieces.

Heat olive oil in a large pot and sauté onions, garlic and celery. When soft, add in other vegetables. Continue cooking over medium heat until soft; then take out and set aside. Brown ground turkey in same pot. When turkey is browned add in tomato sauce and the softened vegetables. Add chili, cumin, and coriander powder. Let simmer for 2-3 hours or cook in a crock pot for the day.

- Dr. Misty Paul, Basics First Chiropractic, [www.basicsfirstchiropractic.com](http://www.basicsfirstchiropractic.com), 703-777-2532