

# TURKEY & MUSHROOM CHILI

## INGREDIENTS

- Non-stick cooking spray
- Garlic Spray
- 4 T Olive oil (garlic) (divided)
- 3 Onions (diced)
- 2 Peppers (red) (diced)
- 2 Leeks (cut off tips on both ends) (clean off dirt) (slice into small circles)
- 1 lb Turkey (ground)
- 1 can Tomatoes (label says diced but they're not really so small)
- 1 box Mushrooms (white) (cut the bottom off) (cut each mushroom into 1/4's)
- 2 T Miso (chickpea) (white) (soy-free)
- 2 T Mustard (yellow)
- 2 T Coconut milk yogurt (plain)
- 2 t Smoked Paprika
- 2 t Cumin



## DIRECTIONS

- 1 Spray a deep stir fry pan with non-stick cooking spray & then spray with garlic spray
- 2 Put 2 T olive oil, onions in the pan & saute at medium-high heat, stirring frequently
- 3 When onions are lightly browned, place them in a bowl & set aside
- 4 Repeat # 1, 2 & 3 in the same pan but this time use the red peppers
- 5 Add the ground turkey to the bowl of onions & peppers & combine
- 6 Repeat # 1 & add the turkey mix using a wooden spoon to constantly separate the pieces
- 7 When turkey is separated & lightly browned, add tomatoes with sauce & stir to combine
- 8 Add mushrooms, miso, mustard, vegan yogurt plus the onions, peppers & leeks you set aside
- 9 Cook on a medium - heat, stirring frequently (10 minutes)

## NOTE

Serves 4

