

Cherry Chili

Ingredients

- 4 ounces dried tart cherries, chopped (3/4 cup)
- 2 cups fat free low sodium chicken broth, divided
- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 tablespoon fresh chopped garlic
- 1 pound lean ground turkey (7% fat Jennie O)
- 1 roasted red Bell pepper, cut into 1/4" cubes
- 1 tablespoon + 1 teaspoon chili powder
- 1 1/2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon dried mustard powder
- 1/2 teaspoon dried oregano
- 4 cups chopped fire-roasted* tomatoes
- 1 1/2 cups cooked black beans (or 1 16-ounce can, rinsed and drained)
- 1/4 cup cilantro, chopped

Directions

1. Heat one cup of the broth. Place cherries in small mixing bowl. Add hot broth and set aside.
2. Heat olive oil in a 4-qt. saucepan over medium heat. Add chopped onion and saute for about five minutes or until onion is soft. Add garlic and cook one minute longer. Do not brown garlic. Add turkey and cook until it is no longer pink.
3. Add roasted Bell pepper, chili powder, cumin, coriander, mustard and oregano. Cook mixture over medium-high heat, stirring occasionally for about two minutes. Add tomatoes and remaining cup of broth; bring to boil. Reduce heat and simmer uncovered for about 5 minutes.
4. Stir in beans, cherries and cilantro. Continue cooking for an additional 2 minutes or until mixture is just heated through. Season with additional salt if desired.

*Used Muir Glen canned fire-roasted tomatoes for optimal flavor; may used regular canned chopped tomatoes.

Yield: about 2 quarts or 8 servings

Nutrition Info

Calories 223, Total Fat g 6, Sat Fat g 2, Chol mg 41, Sodium mg 448, Total Carb g 28, Fiber g 5, Sugars g 14, Protein g 17

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