



BUDGET FRIENDLY RECIPES

Turkey and Sweet Potato Chili

Serves 6. Prep time: 25 minutes active; 55 minutes total.

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|---|---|
| 2 tablespoons Field Day canola oil | 2 cups Field Day chicken broth |
| ½ pound turkey sausage, casings removed | 1 cup water |
| 1 medium yellow onion, chopped | 1 tablespoon chili powder |
| 1 red bell pepper, seeded and chopped | 1 tablespoon cumin |
| 3 sweet potatoes, chopped into small pieces | ½ teaspoon cayenne pepper |
| 2 cloves garlic, minced | ½ teaspoon salt |
| 1 14.5-ounce can Woodstock diced fire-roasted tomatoes, undrained | 1 15-ounce can Field Day cannellini beans, drained and rinsed |
| | Additional salt and pepper to taste |

Preparation

Warm oil in a large pot over medium-high heat. Add sausage; break up any large chunks and sauté until no pink remains. Using a slotted spoon, transfer meat to a bowl; cover. Add onion, bell pepper and sweet potato to pot and cook, stirring occasionally, until softened, about 6 minutes. Add garlic and sauté for 1 minute. Return meat to pot.

Stir in tomatoes, beans, broth, water, spices and salt. Bring to a boil, then reduce heat to medium-low and stir in beans. Cover and simmer until chili thickens slightly, about 30 minutes. Season with additional salt and pepper to taste.

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Ingredient checklist

PRODUCE

- Yellow onion
- Red bell pepper
- Sweet potatoes
- Garlic

GROCERY

- Field Day canola oil
- Woodstock fire-roasted tomatoes
- Field Day chicken broth
- Field Day cannellini beans

MEAT/SEAFOOD

- Turkey sausage

SPICES/SEASONINGS

- Chili powder
- Cumin
- Cayenne pepper
- Sea salt
- Black pepper

Serving suggestion

Sweet potatoes are a tasty way to add important nutrients to your diet like Vitamin A, fiber and even protein. Substitute your favorite sausage, ground meat or meatless alternative if you prefer. Have fun topping the chili; try a spoon of plain yogurt, cilantro, diced avocado or tortilla chips – you can't go wrong!

Nutritional information per serving

440 calories	63 g. carbohydrate
13 g. fat	15 g. fiber
60 mg. cholesterol	21 g. protein
930 mg. sodium	

Estimated cost

Total:	\$15.06
Per serving:	\$2.51

The nutritional values and information are approximations, and ingredient costs are estimated.