

RECIPE: Bean and Turkey Chili

BAKERY

Tortillas, to taste

CANNED FOOD

Black beans canned (15 oz.), 1

CHEESE

Grated cheese (Monterey jack or mild cheddar), for toppings

CONDIMENTS & OIL

Canola oil, 0.33 fl oz.

DAIRY

Sour cream, for topping

FRUITS

Avocados, for topping

POULTRY

Ground turkey, 8 oz.

SPICES & SEASONINGS

Salt, to taste

Pepper, to taste

Coriander seeds, 0.12 oz.

Cumin seeds, 0.14 oz.

VEGETABLES

Onion, 0.5.

Green onion or scallions, for toppings

MISCELLANEOUS

Canned Cannellini beans (15 oz.), 1

Canned black bean soup (14.5 oz.), 1

Corn salsa (16 oz.), 1 jar