



# *Clean Chili*



## *ingredients*

### Chili seasoning blend

- 1 tbsp chili powder
- 1 tsp cumin
- ¼ tsp cayenne pepper
- ¼ tsp garlic powder
- ½ tsp onion powder
- 1 tsp salt
- ¼ tsp black pepper

### Chili

- ½ tsp coconut sugar
- 2 lbs ground turkey
- 1 chopped onion
- 1 15 ounce can diced fire-roasted tomatoes
- 1 small can tomato paste
- 1 cup water, chicken, beef or bone broth

## *instructions*

Brown ground turkey and drain. Add seasoning and chopped onion and cook for 20 minutes, to roast spices with the meat.

Add remaining ingredients and cook for another 30 minutes to allow flavors to develop.

To make vegan, substitute turkey with a can each of drained black and white beans.

*Comfy Life, Comfy Wife*

REINVENTING AND REDEFINING THE COMFORT ZONE:  
CLEAN EATING COMFORT FOODS FOR YOUR BODY, MIND AND SOUL

