Turkey and Bean Chili Bowls

2 substantial chili bowls, each with half the complete chili and 60 g (2.1 oz) bread | Active 22 min | Cook 18 min | Total 45 min

Ingredients

- 250 g (8.8 oz) raw ground turkey, refrigerated and fully thawed
- 80 g (2.8 oz) onion, peeled and cut into 5 mm (3/16 in) dice
- 120 g (4.2 oz) red bell pepper, deseeded and cut into 5 mm dice
- 6 g garlic, about 2 medium cloves, finely chopped
- 5 ml (1 US tsp) olive oil
- 60 ml (1/4 US cup) water, divided: 20 ml (1 US tbsp plus 1 US tsp) for vegetables and 40 ml (2 US tbsp plus 2 US tsp) for sauce
- 160 g (5.6 oz) drained rinsed ready-to-eat canned kidney beans
- 250 g (8.8 oz) ready-to-eat canned chopped tomatoes, including their juice
- 15 g (0.53 oz) tomato paste
- 2 g ground cumin, about 1 US tsp
- 2 g smoked paprika, about 1 US tsp
- 1 g dried oregano, about 1 US tsp
- 1 g fine salt, about 1/8 US tsp plus a small pinch
- 15 ml (1 US tbsp) lime juice
- 120 g (4.2 oz) soft wholemeal bread, divided 60 g (2.1 oz) per person

Set out

1000 W microwave with turntable, Wide microwave-safe bowl, 2 L (2.1 US qt) capacity, about 20 cm (8 in) inside diameter, Microwave-safe vented cover, Knife and board, Fork and sturdy spoon, Clean spare spoon for cooked food, Kitchen scale and measuring jug, Fast-tip food thermometer, Oven mitts, Two serving bowls

Allergens

Wheat. Check labels and substitutions.

Make it

1. Combine onion, pepper, garlic, olive oil and 20 ml water in the wide 2 L bowl. Cover with the vented cover. Microwave at 1000 W full power for 3 minutes, stir, then cook 1-2 minutes more until the onion and pepper have softened.
2. Add the raw turkey in loose small crumbs and mix through the vegetables. Cover and microwave at full power for 2 minutes. Stir carefully and break up any clumps with the fork. Continue in 1-minute covered bursts, stirring and breaking the meat each time, for about 3-5 minutes more, until the turkey reaches 165°F/74°C in several places with no cool dense clumps. Stand covered for 2 minutes. Wash hands, clean the raw-meat work area and change to the clean spoon before serving or touching ready-to-eat food.
3. Stir in canned beans, all tomatoes and juice, tomato paste, remaining 40 ml water, cumin, paprika, oregano and salt. Cover and microwave at full power for 3 minutes. Stir from the bottom and heat 1-3 minutes more until 165°F/74°C throughout, including the center. Add short bursts if needed; the finished chili should be saucy with recognizable turkey crumbs and whole beans.

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4. Stand covered for 2 minutes, then stir in all the lime juice. Divide the entire chili between two bowls and serve 60 g bread with each. There is no extra cheese, sour cream or garnish in the stated portion.

Two temperature checkpoints

The raw turkey is fully cooked before canned ingredients enter. The assembled chili then gets its own even final heat; the beans are not used to hide a cold raw-meat center.

A real two-person pot

The batch is substantial, with 125 g raw-weight turkey and 80 g drained beans per person plus vegetables, sauce and 60 g bread. Divide the whole chili rather than serving a token ladle.

Ingredient labels

Bread may contain milk, soy, sesame or other allergens. Check canned beans, spices and tomato products for additional ingredients.

A useful detail

The 45-minute estimate allows chopping, up to 5 minutes vegetables, 7 minutes raw-turkey cooking and 6 minutes final chili heating, two separate 2-minute covered stands and serving. The stages run sequentially. A cold compact block of mince or an overloaded narrow bowl is not equivalent; use thawed loose crumbs, repeated stirring and temperature checks. Extra bursts extend the planning total.

Another way

Use 160 g (5.6 oz) drained ready-to-eat canned pinto beans instead of kidney beans; never substitute raw dried beans into this clock.

Replace smoked paprika with 2 g sweet paprika, about 1 US tsp, for a gentler flavor. Keep the cumin and oregano measured as written.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Keep bread separate. Reheat once, covered with thorough stirring, until 165°F/74°C throughout, then stand covered for 2 minutes.