Smoked Paprika Turkey Chili

4 chili portions, about 1 1/2 cups each · Active 20 min · Total 45 min

Skills: Easy

Ingredients

- 1 tablespoon olive oil (15 ml)
- 1 medium onion, diced (150 g)
- 1 green bell pepper, diced (150 g)
- 1 lb lean ground turkey (450 g)
- 2 garlic cloves, minced
- 2 teaspoons smoked paprika
- 1 teaspoon ground cumin
- 1/2 teaspoon chile flakes
- 1 can crushed tomatoes (14 oz/400 g)
- 1/2 cup low-sodium chicken stock (120 ml)
- 2 cans black beans (15 oz/425 g each), drained and rinsed
- 1 cup frozen sweetcorn (150 g)
- 1 teaspoon brown sugar (4 g)
- 1/2 teaspoon fine salt
- 1 tablespoon lime juice (15 ml)

Set out

3-quart saucepan, Wooden spoon, Instant-read thermometer

Allergens

No major US allergen identified in the base ingredients. Check labels and substitutions.

Make it

1. Heat oil in the saucepan over medium heat. Cook onion and pepper for 5 minutes. Add turkey and cook for 6–7 minutes, breaking it into small pieces and checking it reaches 165°F/74°C.

2. Add garlic, paprika, cumin and chile flakes and stir for 30 seconds.

3. Stir in tomatoes, stock, beans, brown sugar and salt. Simmer gently, partly covered, for 15 minutes, stirring occasionally.

4. Add corn and simmer for 4–5 minutes until hot. If too thick, add a little water.

5. Remove from the heat and add lime juice. Serve, pack a thoroughly hot portion into a preheated flask, or cool in shallow individual containers.

Freeze flat portions

Once cooled promptly, a single portion in a freezer-safe bag can be laid flat to save space. Thaw it in the refrigerator, then reheat thoroughly in a pan or microwave. Write the dish name and date before the bag becomes awkward to label.

A useful detail

A broad pot will reduce the sauce faster than a narrow one. Watch the consistency rather than letting the bottom dry out during the final simmer.

Keep it well

Refrigerate within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days, or freeze for up to 2 months. Reheat to 165°F/74°C before serving or flask packing. Hold hot food at 140°F/60°C or above.