

Recipe

Food Rx

Turkey Chili & Side Salad

Serving: 1

4 ounces lean ground turkey

1 tablespoon diced red onion

1 teaspoon chopped parsley or cilantro

1 heaping teaspoon chili powder

1/2 teaspoon minced garlic

1/2 teaspoon crushed red pepper flakes

1 15 ounce can triple beans

1/3 cup dry lentils

1/2 cup tomato sauce

1/2 cup chopped zucchini

Pinch of salt and pepper

Side Salad

Field Greens, tomato, cucumber

Olive oil, red wine vinegar or lime juice

1. Place 1/3 cup lentils in 2/3 cup of water and cook on medium low on the stovetop until water is absorbed, about 20 minutes.
2. Brown the ground turkey in a skillet and drain
3. Once the lentils are soft, drain the can of triple beans reserving 2 tablespoons of liquid, add to the pan of lentils.
4. Add the browned turkey, red onion, the parsley or cilantro, minced garlic, red pepper flakes, the tomato sauce and chopped zucchini
5. Cook this together for 20 minutes, add salt and pepper to taste. Feel free to adjust seasoning to fit your taste
6. Serve with a nice green salad of field greens, cucumber, tomato, with a vinaigrette or citrus dressing

(* Crushed red pepper soothes upset stomach and helps prevent and heal ulcers; helps to reduce blood cholesterol and triglyceride levels. The antioxidants can help lower blood sugar levels and fortify the immune system. It can also cause you to sweat releasing toxins and cause you to want to drink water. Hydration is essential to good health. Colorful spicy seasonings are your friends 😊 – Chef Brandon)