



## High 5 "Eat the Rainbow" Turkey Chili

### Ingredients:

- 3 cups diced vegetables of your choice (we use red onion, scallion, carrots, red and yellow peppers, corn, spinach, and sweet potato)
- 3 pounds ground turkey dark meat (or 2 pounds dark meat, 1 pound breast)
- 2 containers Aunt Nee's mild salsa (or salsa of your choice)
- 3 small cans black beans including liquid from can (low sodium preferred)
- 2-3 tablespoons High 5 Power Lifter Salt Blend (use to taste)
- 1 tablespoon High 5 Fixer Upper No Salt Blend (use to taste)
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 tablespoon garlic powder (not garlic salt)
- ½ teaspoon mild curry powder

### Method:

- Pre-cook whole sweet potatoes (leave skin on and wash well!) in the microwave for 5-6 minutes until slightly soft before dicing; OR roast in 400 degree oven for 20 minutes until softened, then cool and dice
- In a large heavy bottomed pot saute vegetables over high heat with a little pure olive oil until they are golden brown and just softened; season with some of the High 5 blend and about ½ the spices; stir occasionally for about 5-8 minutes
- Add turkey and break into small pieces with spoon; season with more of the High 5 and remaining spices; cook until no pink remains
- Add salsa and stir well, scraping up any browned bits on bottom of pot
- Add beans and any remaining High 5 or spices; stir well
- Lower heat to low and cover tightly, or transfer to crockpot on low
- Allow to simmer on stove for at least an hour to blend flavors stirring occasionally to prevent sticking; chili can remain in crockpot on low for 5-8 hours as long as temperature is about 165 degrees (which will look like a gentle simmer with small bubbles)

To store, cool completely to under 40 degrees within 2-3 hours, then refrigerate for up to 5 days or freeze up to 6 months