

## QUICK TURKEY CHILI

- 2 tablespoons olive oil
- 1-1/2 pounds ground turkey
- 1 green bell pepper, chopped
- 1 sweet onion, diced
- 2 cloves garlic, minced
- 1 (19 ounce) can black beans, with liquid
- 1 (28 ounce) can diced tomatoes, with liquid
- 1 (15.25 ounce) can whole kernel corn, with liquid
- 1 teaspoon ground cumin, or to taste
- 1 teaspoon chili powder, or to taste
- 1/2 teaspoon red pepper flakes, or to taste
- 1/4 teaspoon ground cinnamon, or to taste



Heat the oil in a large saucepan over medium heat, and cook the onions and green pepper until the onions just start to become soft.

Add the turkey and cook it until it is evenly brown.

Clear a spot in the middle of the pan and cook the garlic in it until fragrant - about one minute. Stir the garlic in with everything else.

Clear a spot in the middle of the pan and cook the spices for about one minute. Stir the spices in with everything else.

Mix in the beans, tomatoes, and corn. Bring to a boil, reduce heat to low, and simmer 45 minutes.