

Vegetarian Black Bean Chili

"A spicy chili if you want it to be, depending on how much chili and curry powder you add. Not your typical chili. Best if left to cool and then reheated. Serve with brown rice."



PREP TIME **20 Min**
COOK TIME **55 Min**
READY IN **1 Hr 15 Min**

SERVINGS & SCALING

Original recipe yield: 6 servings

INGREDIENTS

- 1 tablespoon vegetable oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 pound ground turkey
- 3 (15 ounce) cans black beans, undrained
- 1 (14.5 ounce) can crushed tomatoes
- 1 1/2 tablespoons chili powder
- 1 tablespoon dried oregano
- 1 tablespoon dried basil leaves
- 1 tablespoon red wine vinegar

DIRECTIONS

1. Heat the oil in a large heavy pot over medium heat; cook onion and garlic until onions are translucent. Add turkey and cook, stirring, until meat is brown. Stir in beans, tomatoes, chili powder, oregano, basil and vinegar. Reduce heat to low, cover and simmer 60 minutes or more, until flavors are well blended.

