

## EASY TURKEY CHILI ©2017

**Check the boxes as you complete each step.**

- 1. **Buy ingredients:** 1 lb ground turkey, 1 can tomato sauce, 1 can diced tomato, 1 packet McCormick's chili seasoning, kidney beans (can omit if you don't like beans!).
- 2. Get out large pot and put ground turkey in pot on medium heat. Stir as needed until brown.
- 3. If excess grease is present, tilt pan and use a long metal (not plastic) spoon to discard grease in a tin can or other container so it doesn't ruin your garbage disposal.
- 4. Add seasoning packet, tomato sauce, diced tomatoes, and beans to pot and stir.
- 5. Turn heat up to medium high while stirring until it starts to bubble and boil.
- 6. Then turn down heat to simmer for 10 minutes, continuing to stir every few minutes.
- 7. TURN STOVE OFF!!!**

Let cool for 20 minutes and you can put into single serve containers and put into freezer for future meals! When you want to thaw, take out of freezer and put in fridge the night before you want to eat it or you can use the defrost feature on your microwave.