



INGREDIENTS

- ☐ ¼ cup olive oil
- ☐ 2 lbs ground turkey
- ☐ 2 cloves garlic, chopped
- ☐ 1 tsp kosher salt
- ☐ 1 cup tomato, chopped
- ☐ 2 tbsp chili powder
- ☐ 1 tsp ground cumin
- ☐ 1 tsp ground oregano
- ☐ 1 tsp kosher salt
- ☐ ¼ tsp cayenne pepper
- ☐ ¼ cup masa harina (corn flour)
- ☐ 12 oz canned kidney beans, drained and rinsed
- ☐ 12 oz canned pinto beans, drained and rinsed
- ☐ shredded cheddar, for serving
- ☐ chopped onions, for serving
- ☐ sour cream optional to taste
- ☐ tortilla chips, for serving
- ☐ lime wedges, for serving



Franklin Becker
CELEBRITY CHEF

A type 2 diabetes diet doesn't have to be bland. You can still enjoy tasty, delicious food.

TURKEY CHILI

METHOD:

1. Preheat a large pot. Add olive oil. Place the ground turkey and garlic in the pot. Season the meat with salt. Cook over medium heat until browned.
2. Drain off the excess fat, and then pour in the tomato sauce, chili powder, cumin, oregano, salt, and cayenne.
3. Stir together, cover, and then reduce the heat to low.
4. Simmer for 1 hour, stirring occasionally. If the mixture becomes overly dry, add ½ cup water at a time as needed.
5. After an hour, place the masa harina in a small bowl. Add ½ cup water and stir together with a fork. Dump the masa mixture into the chili.
6. Stir together and then taste and adjust the seasonings. Add more masa paste and/or water to get the chili to your preferred consistency, or to add more corn flavor.
7. Add the beans and simmer for 20 minutes longer.
8. Serve with shredded cheddar, sour cream, chopped onions, tortilla chips, and lime wedges.

Yield: 8 servings. **Per Serving:** 210 calories, 11g fat, 10g protein, 20g carbs.

Want more recipes? Download more delicious and nutritious type 2 diabetes–friendly recipes at MyType2Transformation.com.

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