



## Favorite Chili

Yield: 8 dinner servings

Time: 20 minutes active; 2-8 hours total (in crock pot)

### *For the chili:*

5 cloves garlic, minced  
2 red bell peppers, coarsely chopped  
3 white onions, coarsely chopped  
2 tbsp. extra virgin olive oil  
28 oz. crushed tomatoes  
30 oz. sliced stewed tomatoes (no salt added, preferably)  
30 oz. dark red kidney beans  
30 oz. pink beans  
15 oz. small red beans  
15 oz. small white beans  
6 oz. tomato paste  
28 oz. tomato sauce  
4 tbsp. chili powder  
1 tbsp. dried oregano  
½ tsp. smoked paprika (or paprika)  
¼ tsp. ground cayenne pepper  
1 tsp. cumin  
3 tbsp. cognac  
4 links chicken and/or turkey sausage  
1½ lbs. ground turkey  
14 oz. frozen shelled edamame, thawed



### *For serving/garnish (if desired):*

4 to 8 oz. cheddar cheese, shredded  
2 large bunches scallions and/or chives, chopped  
½ red onion, finely diced  
sour cream

1. Place the garlic, peppers, onions, and 1 tbsp. olive oil in a sauté pan. Cook over medium heat until softened, about 5-8 minutes. Transfer to a crock pot.
2. Place the remaining 1 tbsp. olive oil and the ground turkey into the sauté pan. Cook over medium heat until fully cooked, stirring occasionally, about 10 minutes total. Transfer to the crock pot.
3. Meanwhile, chop the sausages into bite-sized pieces. Add to the crock pot.
4. Add all of the remaining ingredients except for the edamame to the crock pot. Mix well, then set on high and leave for 2-4 hours. (Or you could set the crock pot to cook on the low setting and leave it for 8 hours.)
5. About 30 minutes to one hour prior to serving, toss the edamame in and stir. (I find that if I add them too early they get a bit mushy. I prefer if they're a little crunchy.)
6. Transfer to serving bowls and top with any garnishes you like. Enjoy!