

No Bean Chili with Falafel Chips

By Healthy Recipe Mom, Antionette

Prep Time: 10 minutes

Cook Time: 40 minutes

PANS/EQUIPMENT: large stock pot

Number of Servings: 6-8, depending on ages

1 pound ground turkey (no antibiotics or hormones)

1 yellow onion, chopped

2 cloves garlic, chopped

Add to stockpot and cook, stirring until turkey is browned.

1 (32oz.) box chicken broth, low sodium

Add to pot and bring to boil. Reduce heat to low or until simmering.

1 TBsp. chili powder (more or less to taste)

1 red bell pepper, chopped

1 lg. (28 oz.) can chopped tomatoes

1 small (4oz.) can mild chilis

1 (6oz.) can tomato paste

Stir into mixture in pot. Allow to simmer for 30 minutes.

1 bag Flamous Brand's Organic Falafel Chips, original (need one handful per bowl)

1 cup shredded cheese (white)

Add chips to bottom of each bowl. Spoon chili over top of chips. Top each bowl with sprinkle (about 2 TBsp) of shredded cheese.

Serve warm with extra Falafel Chips for dipping!

OPTIONS: Saute turkey, onions and garlic in extra virgin olive oil. Add 1/2 tsp. dried (1/2 TBsp fresh) cilantro parsley and/or basil. Drizzle olive or flaxseed oil on top.

FAMILY COMMENTS: "This is easy and my kids loved it."

6+ God-made Food Colors: tan, yellow, white, red, brown, green, + golden option.

7+ Food Groups: poultry, legumes, vegetables, fruit, whole grains, herbs/spices, dairy, + essential fatty acids (EFAs) option

PERFORMANCE RATING: 6+/7+

Though the ingredient list looks long, this recipe is fast and easy to make. Once you brown the turkey in onions and garlic in a pot, you throw in the broth, tomatoes and tomato paste, chilis, bell pepper and chili powder, stir and walk away and do some laundry. Just before 30 minutes is up, throw together a salad and serve. When scooping up a spoonful, you find yourself dredging up some chips which give this added flavor and texture. Melted cheese on top mixes in and YUM, it is delicious. For finicky eaters, you may want to puree the chopped tomatoes, and be sure to chop the red bell pepper very finely. The chilis disappear and the chili powder is so well absorbed into the flavors that you hardly notice it. We love this recipe. Your family will, too!