

SPICY TURKEY, SAUSAGE & KALE CHILI

By Chef Jean Foster-Spillane, Cornerstone Hampton

Ingredients

- 1 LB ground spicy turkey sausage
- 1 large yellow onion, finely chopped
- 1 red bell pepper, seeds and ribs removed, finely chopped
- 1 (15-oz) can cannellini beans, rinsed, drained
- 1 (15-oz) can diced tomatoes
- 1 large bunch Tuscan kale, stems and large center ribs removed, leaves torn into pieces
- 2 TBSP tomato paste
- 3 CUP low-sodium chicken broth
- 1 TBSP extra-virgin olive oil
- 1 TBSP chili powder
- 1 TSP cayenne pepper
- 1 TSP dried oregano
- 2 cloves garlic, finely chopped
- Sour cream for topping (*optional*)
- Kosher salt



Instructions

1. Heat a splash of olive oil in a large stock pot over medium heat. Add the turkey Sausage and season with some salt and pepper. Cook , breaking the turkey apart into crumbles until cooked through. 6-8 minutes. Remove meat with a slotted spoon and set aside.
2. If you have some fat left in the pan, drain off all but 1 TBSP. If you don't have any fat left, add a TBSP of olive oil. Reduce the heat to medium. Add the onions and peppers season with some of the salt and pepper, and cook until the onions and peppers are softened, about 5 minutes. Add the garlic and stir until fragrant, about 30 seconds.
3. Add tomato paste, chili powder, cayenne, oregano and remaining salt and pepper to the onions and garlic. Cook for about a minute, stirring to combine the the paste with the spices, Add the diced tomatoes and stir , scraping up any brown bits from the bottom of the pot.
4. Add the meat and 3 cups of chicken broth to the pot. Raise the heat to medium high and bring the mixture to a simmer. Once simmering, lower the heat to medium low and cook for 20 minutes.
5. Add the kale and beans and continue cooking until the kale has softened and tastes tender, but is still bright green, about 10 more minutes.