



Turkey Chili on Delicata Squash Bowls

Prep Time: 10 min

Cook Time: 45 min

Serves: 4

NUTRITION FACTS, PER SERVING:

635 Calories

21.67 g fat

975 mg sodium



INGREDIENTS: ** *Items not included in kit*

- 2 TB olive oil**
- 1 lb. ground turkey
- 1 cup diced onion
- 2 garlic cloves, minced
- Turkey Chili Spice Blend (1.5 TB chili powder, 1 TB cumin, 1 bay leaf, 1/2 tsp oregano)
- Salt & black pepper, to taste**
- 2 cups low sodium chicken broth
- 1 can kidney beans, drained and rinsed
- 1 cup corn kernels
- 14.5 oz. can diced tomatoes
- 4.5 oz. can chopped green chilies
- 1/2 cup chopped cilantro, rinse and pat dry then chop
- 1 cup shredded cheddar cheese blend
- 2 Delicata squash

DIRECTIONS:

1. Preheat the oven to 400 degrees. Wash, dry, and cut **Delicata squash** in half lengthwise and scoop out seeds. Drizzle **1 TB olive oil** into the bottom of baking dish to coat. Season squash halves with **salt & black pepper**; arrange in a baking dish with flesh side down. Bake in preheated oven until a fork easily pierces through the skin, about 25 minutes.
2. Drain and rinse **kidney beans**, set aside. Rinse and pat dry **cilantro**, then chop leaves to make 1/4 cup, set aside.
3. Heat **1 TB olive oil** in a deep skillet over high heat. Add **turkey, diced onions, 2 cloves minced garlic** and cook, stirring to break up the meat, about 5 minutes or until browned. Add **Spice Blend**, pinch of **salt & pepper**, **2 cups chicken broth**, rinsed and drained **kidney beans**, **corn**, **diced tomatoes** and **chopped green chilies** stir to combine. Bring to a boil, reduce heat to medium low and cover. Let the mixture simmer, for 20 minutes, stirring occasionally. Add more **chicken broth** if needed to reach desired consistency.
4. Remove chili from heat, stir in **1/4 cup chopped cilantro**. Spoon chili into Delicata squash bowls and top with **shredded cheddar cheese**. NOTE: You can eat the skin of the Delicata squash.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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