



## Turkey Chili in 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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