

Turkey and Italian Sausage Chili

Yield: 6 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/ground-turkey-italian-sausage-three-bean-chilli-recipe>

Ingredients:

- 1 tablespoon olive oil
- 1 pound ground turkey
- 1/2 pound italian sausage without casing
- 1 red bell pepper large, chopped
- 1/2 jalapeño finely chopped
- 1 bay leaf dried
- 2 cans fire-roasted diced tomatoes 14.5 oz each can
- 1 1/2 cups chicken broth organic
- 15 1/2 ounces red kidney beans Dark, drained
- 15 1/2 ounces chili beans
- salt Add more, to taste only if needed
- 2 cups shredded cheddar cheese or Mexican blend shredded cheese
- 1 cup sour cream
- jalapeño pickled
- 1 teaspoon ground cumin
- 2 teaspoons chili powder
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried parsley
- 1/4 teaspoon freshly ground pepper
- 1 teaspoon salt
- 1/2 tablespoon all-purpose flour or rice starch

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 150 milligrams
4. Fat: 43 grams
5. Fiber: 4 grams
6. Protein: 37 grams
7. SaturatedFat: 19 grams
8. Sodium: 1700 milligrams
9. Sugar: 7 grams

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