

Indian-Spiced Turkey Chili

Yield: 13 min
Total Time: 79 min

Recipe from: <https://www.recipeschoose.com/recipes/turkey-sausage-dinner-recipe-indian>

Ingredients:

- 2 1/2 teaspoons curry powder
- 2 1/2 teaspoons Garam Masala
- 2 1/2 teaspoons dried thyme leaves
- 1 1/2 teaspoons dried basil
- 1 1/2 teaspoons ground coriander
- 1 teaspoon chili powder
- 1/2 teaspoon canela
- 1/2 teaspoon cumin
- 1/2 teaspoon turmeric
- 1/4 teaspoon chile pepper chipotle, powdered, from the spice aisle
- 1 tablespoon extra-virgin olive oil
- 20 ounces sweet Italian turkey sausage bulk, or links with casings removed
- 2 cups red onion chopped, from about 1 medium onion
- 2 tablespoons jalapeño finely diced, from about 1 medium jalapeño, seeded and cored
- 1 tablespoon minced garlic from about 3 large cloves
- 1 teaspoon coarse kosher salt divided
- 4 cups zucchini diced, from about 20 ounces of zucchini – about 2-3 medium
- 2 1/2 cups green pepper chopped, from about 2 large peppers, seeded and cored
- 2 cups red pepper chopped, from about 2 medium peppers, seeded and cored
- 16 ounces chili beans in medium-spiced chili sauce
- 14 1/2 ounces reduced sodium beef broth fat-free
- 10 ounces diced tomatoes and green chilies mild, undrained, such as mild Ro-Tel
- 8 ounces tomato sauce
- sliced green onions optional
- reduced fat cheese optional
- reduced fat sour cream optional

Nutrition:

1. Calories: 170 calories

2. Carbohydrate: 19 grams
3. Cholesterol: 25 milligrams
4. Fat: 6 grams
5. Fiber: 5 grams
6. Protein: 11 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 1000 milligrams
9. Sugar: 9 grams

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