

Henry's Backyard Bar and Grill

Turkey Chili

Seasoning ingredients for the ground turkey or ground beef

- 1 lb. Ground Turkey or Beef
- 1 tablespoon chili powder
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon dried oregano
- ½ teaspoon paprika
- 1½ teaspoons ground cumin
- 1 teaspoon salt
- 1 teaspoon black pepper

INSTRUCTIONS

1. Combine all seasonings together.
2. I use this recipe with one pound of ground turkey or one pound of ground beef for Tacos or Chili. Recipe can easily be doubled and seasoned more or less to taste. I also like to add ½ cup of water to the meat and seasonings to make the meat moister.
3. These seasonings can be stored in an airtight container for later use (these mini Mason Jars are great for storing spices <https://amzn.to/2WFjJdk>)

Ingredients for the Chili

- 1 lb. ground Turkey or Beef (browned with seasoning from above)
- 15 oz cans dark tri-Bean Blend (drained and rinsed)
- 15 oz can of chili beans
- 15 oz can of black beans (drained and rinsed)
- 2 8oz can of tomato sauce
- 14.5 oz can Fire Roasted diced tomatoes
- 2 cups Chicken Broth OR Beef Broth if you are using Ground Beef (low sodium or no salt added)

INSTRUCTIONS

1. Combine all ingredients in a large pot or [slow cooker/crockpot](#)
2. Stir together
3. Heat on medium-high until the chili starts to simmer
4. Reduce heat to low, cover and simmer for at least 30 minutes (or longer). I let it go for 2 hours or more.
5. Remove from heat and serve, or refrigerate, and serve the next day. Garnish with chopped onions, crumbled bacon and/or cheese if you prefer. You may also add whatever other chili toppings you would like.

This recipe is a combination of 2 other recipes see links below plus a few changes to make it better. <https://cleaneatingrecipes.com/super-quick-clean-eating-30-minute-chili-recipe/> And <https://therecipecritic.com/the-best-homemade-taco-seasoning/>

Paleo Version

Seasoning for the ground turkey or Beef

- 1 lb. Ground Turkey or Beef
- 1 tablespoon chili powder
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon dried oregano
- ½ teaspoon paprika
- 1½ teaspoons ground cumin
- 1 teaspoon salt
- 1 teaspoon black pepper

INSTRUCTIONS

1. Combine all seasonings together.
2. I use this recipe with one pound of ground turkey or one pound of ground beef for Tacos or Chili. Recipe can easily be doubled and seasoned more or less to taste. I also like to add ½ cup of water to the meat and seasonings to make the meat moister.
3. These seasonings can be stored in an airtight container for later use (these mini Mason Jars are great for storing spices <https://amzn.to/2WFjJdk>)

Ingredients for the Chili

- 2 pounds **Grass-Fed Ground Beef**, (browned with Seasoning from above)
- 1 pound **Italian Sausage**, *casings removed, I used Spicy Italian from Trader Joe's*
- ½ pound **Bacon**, *ensure its sugar-free to stay Whole30 compliant*
- 2 (28 oz) or (4 14oz) cans **Fire Roasted Diced Tomatoes** with juice
- 1 (6 oz) can **Tomato Paste**
- 2 8oz can of **Tomato Sauce**
- 1 large **Yellow Onion**, *chopped*
- 1 **Red Bell Pepper**, *seeded and chopped*
- 2 cups **Beef Stock**, *homemade or compliant brand, use bone broth for an even richer taste*
- Optional:
 - **Diced Sweet Potato or Butter Nut Squash**
 - 1/2 cup chopped **Celery**, about 1 stalk
 - 1 1/2 cups **Carrots**, peeled and diced, about 4 medium carrots

INSTRUCTIONS

If you are using a stock pot.

1. Heat a large stock pot or medium-high heat. Crumble the ground beef and sausage into the hot pan and cook until evenly browned. Drain off excess grease.
2. In a different pan, cook the bacon until crispy. Crumble and add to stock pot. Cook the chopped onion and pepper in the bacon drippings for about 5 minutes or until onions are translucent. Add to the stock pot.
3. To the stock pot, add in the diced tomatoes, tomato paste, and beef stock. Season with garlic, oregano, cumin, paprika, basil, garlic powder, onion powder, salt, pepper, and cayenne. Stir to blend, then cover and simmer over low heat for at least 2 hours, stirring occasionally.
4. After 2 hours, taste, and adjust salt, pepper, and other spices if necessary. The longer the chili simmers, the better it will taste.
5. Remove from heat and serve, or refrigerate, and serve the next day. Garnish with chopped onions, crumbled bacon and/or cheese if you prefer. You may also add whatever other chili toppings you would like.

If you are using a [Crockpot](#) or slow Cooker

1. Heat a large frying pan over medium-high heat. Crumble the ground beef and sausage into the hot pan and cook until evenly browned add seasoning. Drain off excess grease and add to [Crockpot](#).
2. In a different pan, cook the bacon until crispy. Crumble and add to [Crockpot](#). Cook the chopped onion and pepper in the bacon drippings for about 5 minutes or until onions are translucent. Add to the [Crockpot](#).
3. To the [Crockpot](#), add in the diced tomatoes, tomato paste, and beef stock. Stir to blend, then cover and simmer over low heat for at least 2 hours, stirring occasionally.
4. After 2 hours, taste, and adjust salt, pepper, and other spices if necessary. The longer the chili simmers, the better it will taste.
5. Remove from heat and serve, or refrigerate, and serve the next day. Garnish with chopped onions, crumbled bacon and/or cheese if you prefer. You may also add whatever other chili toppings you would like.

This recipe is a combination of 3 other recipes see links below plus a few changes to make it better.

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And

<https://therecipecritic.com/the-best-homemade-taco-seasoning/>

And

<https://www.bakerita.com/paleo-chili/>