Turkey Pineapple Chili

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 lb lean ground turkey
- 1/4 cup olive oil
- 1 large onion, diced
- 2 red bell peppers, diced
- 1 jalapeno, minced
- 2-3 garlic cloves, smashed and minced
- 1-2 Tbsp chili powder (depending on your liking)
- 1 heaping Tbsp cumin
- 1 tsp salt
- 1 20 oz can of pineapple chunks, mashed into smaller pieces, reserve juice (try not to buy the cans of crushed pineapple because the chunks have more juice which leads to more flavor in the chili)

- 1 28 ox can crushed tomatoes
- 1 15 oz can red kidney beans, drained and rinsed
- 1 cup frozen corn kernels
- 1/2 cup shredded carrots

Instructions

Heat olive oil in a dutch oven. Add onion and red peppers, saute over medium heat until translucent and soft, about 10 minutes. Add garlic and jalapeno until garlic is just fragrant. Add turkey, cumin, chili powder, and salt. Break up turkey and combine ingredients. When turkey is almost entirely cooked, add crushed tomatoes and simmer for about 5 minutes. Reduce heat to medium-low. Add the mashed up pineapple, beans, corn, and carrots. Loosen up the chili with the reserved pineapple juice, add to desired sweetness. Allow to simmer for 10 to 15 minutes more. Add more salt or chili

powder if necessary.