

# CHEF LOFINK'S AUTUMN CHILI

- 2 tablespoons canola oil
- 1lb ground turkey
- 1 onion, finely chopped
- 1 large or 2 medium carrots, diced small
- 1 red pepper, diced small
- 2 large garlic cloves, minced
- 3 tablespoons mild ground chili
- 1 tablespoon lightly toasted cumin seeds, ground
- 1 28-ounce can chopped tomatoes
- 1 teaspoon dried oregano
- 1 15.5oz can beans, drained and rinsed
- 2 cups diced winter squash (about 3/4 pound)
- salt and pepper to taste
- ½ cup chopped cilantro
- ½ cup grated sharp cheddar

Heat the oil over medium heat in a heavy nonstick skillet and cook the ground turkey. Once the turkey is cooked add the onion, carrot and pepper. Cook, stirring often, until the vegetables are tender and beginning to color, about 8 minutes.

Add the garlic and cook until fragrant, about 30 seconds, then add the ground chili and cumin. Cook, stirring for 2 to 3 minutes, until the mixture begins to stick to the pan. Add the tomatoes, oregano, beans and the winter squash and bring to a simmer for 30 to 45 minutes or until the winter squash is tender. Adjust consistency with water to your liking and season with salt and pepper.

Stir in chopped cilantro and serve, garnishing with grated cheddar.



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