



COOKING:



Turkey and Sweet Potato Chili

KITCHEN GEAR:

- 2 large stockpots
- Cutting boards
- Knives
- Vegetable peeler
- Measuring cups and spoons
- Can opener
- Spatulas
- Colanders
- Scissors
- 2 serving bowls for salad
- Serving spoons
- Ladle
- Dressing bottle
- Juicer
- Paper products for celebration: table cloths, plates, bowls, cups, silverware, and napkins

INGREDIENTS :

- 1 tablespoon of olive oil
- 1 onion diced
- 1lb of lean ground turkey
- 4 stalks of celery, cut thinly
- 2 tablespoon of peeled and minced garlic
- 2 tablespoon of chili powder (make sure this is a mix of chili pepper and other herbs and spices--- not straight chili)
- 1 tablespoons of cumin powder

- 2 teaspoons of salt
- 2 (14oz) cans of fire-roasted diced tomatoes
- 2 large sweet potatoes, peeled and diced
- 1 (16oz) bag of frozen corn
- 1 bell pepper, seeded and diced
- 2 (15oz) cans of black beans, rinsed well
- Add cups of water as needed
- 1 bunch of cilantro (at the very end)

INSTRUCTIONS :

1. In a large stockpot, heat olive oil over medium-high heat.
2. Brown the ground turkey, onions, garlic, and celery by sautéing for several minutes. *(make sure turkey is cooked all the way through)*
3. Add chili powder, cumin, and salt
4. Add tomatoes and let simmer a few minutes
5. Add all other ingredients
6. Add 8 cups of water and bring to a boil, then turn the burner to low, cover with a lid, and simmer for 20 to 30 minutes
7. Stir in chopped cilantro at the very end

**serve with blue, low-salt tortilla chips*

Simple Salad

- Mixed Greens
- Cucumber, diced
- Avocado, peeled and diced
- Strawberries, rinsed and thinly sliced
- Toss all together in a large serving bowl

Dressing

- 12 Tablespoons of olive oil
- 4 Tablespoons balsamic vinegar
- 1 ½ tablespoon whole grain mustard
- Juice of 3 lemons

Shake vigorously in a glass bottle