

Recipe – Breakfast Chili

This recipe is given in two forms, the extremely easy recipe that is just about as easy as making a pot of coffee. Several of our members have had transforming experiences around eating this chili because it stabilized their blood sugar for the day, reducing anxiety symptoms. Don't worry about precise amounts.

Turkey Chili - Easy Version

Place enough olive oil in a soup pot to coat the bottom

On medium heat, brown 1½ pounds of ground turkey

Add two cans of drained kidney or preferred beans

Add one small jar of salsa and one small jar of tomato sauce after reading the labels to make sure there is no form of sugar or corn syrup in them

Depending on the amount of liquid in the salsa, you may need a little water

Add a tablespoon of chili powder, or to taste

Add salt to taste, if it is not restricted for you

Let it simmer til the water steams off and it is the consistency you like, about ½ hour

Turkey Chili – Regular Version

Soak one pound of dry beans overnight and cook according to packages directions the next day

Place enough olive oil in a soup pot to coat the bottom

On medium heat, brown 1½ pounds of ground turkey

Combine the meat and drained beans including just a little bean water

Add one small jar of salsa and one small jar of tomato sauce after reading the labels to make sure there is no form of sugar or corn syrup in them

Chop any combination of onions, peppers, carrots, green beans to make 2 - 4 cups and add to the chili

Add ½ cup to one cup of water during the cooking if it seems too dry for your tastes

Add a tablespoon of chili powder, or to taste

Add salt to taste, if it is not restricted for you

Let it simmer til the water steams off and it is the consistency you like, about ½ hour