

Turkey Quinoa Chili: A Healthy and Protein-Packed Comfort Food

1 can (14.5 ounces) diced tomatoes



TIME
30 min

METHOD
Slow cooker

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

- 1 tablespoon olive oil
- 1 pound lean ground turkey
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 can (14.5 ounces) diced tomatoes
- 1 can (15 ounces) kidney beans, drained and rinsed
- 1 cup uncooked quinoa
- 2 cups chicken or vegetable broth
- 2 tablespoons chili powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- Salt and pepper to taste
- Optional toppings: shredded cheese, avocado, cilantro, sour cream

DIRECTIONS

1. In a large pot or Dutch oven, heat olive oil over medium heat. Add in ground turkey and cook until browned, breaking it up into small pieces with a wooden spoon.
2. Add in diced onion, garlic, and bell peppers. Cook for 5-7 minutes until vegetables are softened.
3. Stir in diced tomatoes, kidney beans, quinoa, broth, chili powder, cumin, paprika, salt, and pepper. Bring to a boil.
4. Reduce heat to low and let the chili simmer for 30-40 minutes, stirring occasionally, until quinoa is cooked and chili has thickened.
5. Serve hot and top with desired toppings.
6. Pro tip: To save time, you can use pre-cooked quinoa or canned beans instead of cooking them from scratch. Simply adjust the amount of broth used accordingly.

TIPS FOR SUCCESS

For a spicier chili, add in some diced jalapenos or a pinch of cayenne pepper.

If you prefer a thicker chili, add in a can of tomato paste or reduce the amount of broth used.

This recipe can also be made in a slow cooker.

Simply brown the turkey and sauté the vegetables before adding them to the slow cooker with the remaining ingredients.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/turkey-quinoa-chili-a-healthy-and-protein-packed-comfort-food/>