



DESCRIPTION

U Cook Across the U.S.! Join host Carrie Shankweiler as she shows you a Texas Chili recipe that can be spicy hot -- or not! It'll leave you wanting seconds!

MATERIALS

- 1 cup green pepper
- 1 1/4 cups chopped onion
- 2 minced garlic cloves
- 3 tsp oil
- 2 14 oz. cans of kidney beans
- 1 28 oz. can of stewed tomatoes
- 1-2 tbsp. of balsamic vinegar
- 1 cup cooked turkey, cubed
- 1 tsp. chopped cilantro
- 1 tsp. crushed red pepper
- 1/2 tsp. salt

TOOLS

- Bowls
- Large stove pot
- Long handled wooden spoon
- Ladle

DIRECTIONS

1. Heat your oil in a large pot over the stove. Always have an adult helper around when you do this.
2. In the hot pot, add your garlic, onion, and green peppers. Stir everything around with your wooden spoon. Sauté everything for about five minutes or until they're tender but a still a little crisp.
3. Next, add your stewed tomatoes, beans, turkey, chili powder, balsamic vinegar, cilantro, and salt. Also, add as much of the crushed red peppers as you want for some extra spice. Just be sure to wash your hands off after working with it to avoid burning your eyes with the oil from it.
4. Stir everything together until the flavors of the ingredients are fully mixed. Cover your pot and bring the chili to a boil. Once it boils, reduce the heat on the stove and let the chili simmer uncovered for about 25 minutes.
5. Once ready, serve into bowls and enjoy!