

BUTTERNUT SQUASH AND TURKEY CHILI WITH KALE



Total Time
100 MIN.

Serving Size
1 CUP (250 ML)

Difficulty
EASY

Here's a bright and flavourful chili loaded with lean protein, wilted greens and garnished with delicate fresh ingredients.

Yields
22

INGREDIENTS

	WEIGHT	MEASURE
canola oil	1/4 cup	60 mL
ground turkey	4 lb	
chopped white onion	2 cups	500 mL
minced garlic	2 tbsp	30 mL
ground cumin	1 tbsp	15 mL
ground coriander	2 tsp	10 mL
hot pepper flakes	1 tsp	5 mL
salt and pepper, each	1 tsp	5 mL
Campbell's Signature Condensed Butternut Squash	1 tub (4 lb)	1 tub (1.81 kg)
canned white beans, drained and rinsed	4 cups	1 L
stemmed chopped kale	12 cups	3 L
sour cream	3/4 cup	185 mL
shaved radish	1 1/2 cups	375 mL
cilantro leaves	1 1/2 cups	375 mL
shaved red onion	3/4 cup	185 mL
thin slices fresh jalapeño pepper		36

Tip

- Add chunks of butternut squash and black beans to make this an extra-hearty soup.
- Fresh avocado and shredded Cheddar cheese can also be used as garnishes.

Tips:

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INSTRUCTIONS

1. Heat oil in large stock pot set over medium-high heat. Crumble in turkey; cook for 8 to 10 minutes or until browned. Add onion, garlic, cumin, coriander, hot pepper flakes, salt and pepper; cook for 3 to 5 minutes or until onion is softened.
2. Stir in soup and beans. Simmer for 45 to 60 minutes or until thickened and flavourful; stir in kale. Remove from heat. Keep warm for up to 6 hours or let cool completely and refrigerate for up to 3 days.

Heat 1 cup (250 mL) soup until steaming and spoon into serving bowl. Garnish with 2 tsp (10 mL) sour cream, 2 tbsp (30 mL) radish, 1 tbsp (15 mL) cilantro, 2 tsp (10 mL) red onion and 3 slices jalapeño pepper.