

Thai Turkey Chili

SERVINGS: **6 SERVINGS**

From an old Chicago Tribune food section. Nutritional information per serving: 282 calories, 18 g fat, 561 g sodium, 2 g fiber.

Ingredients

- 2** Tbsp olive oil
 - 1** small red onion, peeled, diced small
 - 2** stalks lemon grass, finely chopped
 - 1** piece (1 inch or longer) ginger root, peeled and minced
 - 5** cloves garlic, minced
 - 1** large turkey sausage (about 7 oz), removed from casing
 - 1** lb ground lean turkey
 - 8** oz sliced mushrooms
 - 1** Thai red chili, seeded and cut in half (optional)
 - 1/2 to 1** tsp each: chili powder and cumin powder
 - 2** Tbsp oyster sauce
 - 6** oz tomato paste
 - 1** can (14 oz) light coconut milk
 - 1** C Thai or regular basil leaves, torn into pieces
-

Directions

1. Heat oil in a large saucepan over medium heat; add onion, lemon grass, ginger, and garlic. Cook, stirring, for 3 minutes.
 2. Add sausage, ground turkey, mushrooms, Thai red chili, chili powder, and cumin; cook, stirring to break up ground turkey, until turkey is browned, about 3 minutes. Add oyster sauce, tomato paste, and coconut milk. Cover and heat to a boil. Cook 4 minutes. Remove from stove. Let cool slightly; stir in basil. Divide into serving bowls. Serve hot.
-

Downloaded from **Key Ingredient**.

Direct recipe link: <https://www.keyingredient.com/recipes/621501215/thai-turkey-chili/>