

Buffalo Chili

1 Tablespoon olive oil
1 pound ground turkey
1 (15-ounce) can whole kernel corn
1 (15-ounce) can diced tomatoes
1 (15-ounce) can red beans, drained, rinsed
1 (15-ounce) can black beans, drained, rinsed
1 red onion, chopped
1 red bell pepper, chopped
1 yellow bell pepper, chopped
1 green bell pepper, chopped
2 Tablespoons chili powder
1 Tablespoon salt, or to taste
1 Tablespoon cumin
1 Tablespoon red pepper flakes
1/2 teaspoon black pepper
2 garlic cloves, minced
1 (11-ounce) can tomato juice
sour cream
chopped fresh cilantro

Heat the olive oil in a large Dutch oven over medium-high heat. Brown the ground turkey meat in the hot olive oil, stirring until crumbly. Drain if using ground beef. Stir in the undrained corn, undrained tomatoes, red beans, black beans, onion, bell peppers, chili powder, salt, cumin, red pepper flakes, black pepper and garlic. Add the tomato juice and mix well.

Simmer, covered for 40 to 45 minutes, stirring frequently. Ladle into chili bowls. Top each serving with a dollop of sour cream and sprinkle with cilantro, or serve with your favorite chili toppings.

You may substitute Bloody Mary mix for the tomato juice and add one 4-ounce can chopped green chiles for a spicier chili. (Even without the Bloody Mary mix, this is VERY SPICY).

Serves 4.