

Chinese 5-Spice Harvest Chili - SRC

1 cup Chopped Leeks

A few cloves chopped Garlic or 1 tablespoon Garlic purée

1 cup chopped Mushrooms

5 large Carrots, chopped

5 Parsnips, chopped

2 14.5 ounce cans chopped diced Tomatoes

6 ounce can Tomato Paste

splash of Lemon Juice

2 cup Vegetable or Beef Broth or a few cubes of Bouillon with 1 cup water

1 tablespoon Chili Powder

2 teaspoons Cumin

1 tablespoon Chinese 5 Spice Blend

2 teaspoons Smoked Paprika

Garlic Salt and Pepper to taste

splash of Olive Oil

2 pounds ground turkey

*Add an additional pinch of the above spices to season the meat, use the above measurements to add to the pot of chili

In a large pot add a splash of olive oil, garlic and leeks. Over medium heat cook for a few minutes and add the measured spices. Cook until softened, fragrant and lightly browned. Stir occasionally. Add veggies. Cook to soften veggies for about 10 minutes while the meat browns. Stir occasionally.

In a separate pan, add splash of olive oil, cook and brown ground meat. Add pinches of the above spices, stir to combine. Add cooked meat, chopped tomatoes tomato paste, broth and lemon juice to veggie pot. Stir to combine. Bring to boil. Turn down heat to low and simmer for about 1/2 hour or until veggies are cooked thorough. Add additional broth or water if necessary to thin out. Adjust seasonings to taste.