

# DINNERLY



## Mexican Turkey Chili with Jasmine Rice and Sour Cream



20-30min



2 Servings

We don't know about you, but the start of football season and a little hint of sweater weather has got us feeling CHILI! But, it doesn't have to be a full day, bubbling for hours affair! Peppers, onions, garlic, and chile powder join forces with lean ground turkey to make for a quick chili that is lower on fat, but just as full on flavor! Serve with rice and a drizzle of sour cream for a BIG WI...

### WHAT WE SEND

- ground turkey
- garlic
- red bell pepper
- mexican chili mix
- jasmine rice
- yellow onion
- 1 oz sour cream <sup>7</sup>

### WHAT YOU NEED

- all-purpose flour <sup>1</sup>
- coarse kosher salt
- freshly ground pepper
- olive oil
- sugar

### TOOLS

- fine-mesh sieve
- small saucepan

### ALLERGENS

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

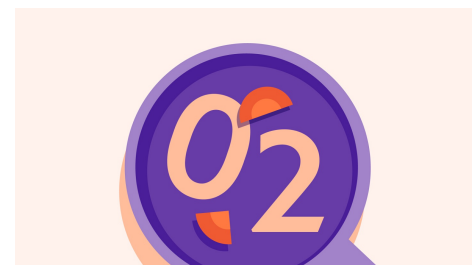
### NUTRITION PER SERVING

Calories 639kcal, Fat 24g, Carbs 72g, Protein 29g



#### 1. Make rice

Rinse **rice** in a fine mesh sieve until water runs clear. Transfer to a small saucepan with  $\frac{1}{2}$  **teaspoon salt** and  $1\frac{1}{4}$  **cups water** and bring to a boil. Cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes. Keep covered until ready to serve.



#### 2. Prep ingredients

Meanwhile, trim ends from **onion**, then halve, peel, and coarsely chop. Halve **bell pepper**, remove stem, core, and seeds, then cut pepper into  $\frac{1}{2}$ -inch pieces. Peel and finely chop **2 large garlic cloves**.



#### 3. Prep sour cream

In a small bowl, thin **sour cream** with **1 or 2 teaspoons water** until it reaches a pourable consistency. Season with a **pinch each salt and pepper**.



#### 4. Brown turkey

Heat **2 tablespoons oil** in a medium pot or Dutch oven over high until shimmering. Add **turkey**, **1 teaspoon salt**, and **several grinds of pepper**, and cook, stirring occasionally, until lightly browned, about 5 minutes. Add **onion** and **bell pepper** to turkey and cook over medium-high heat, stirring occasionally, until softened and browned in spots, 5–6 minutes.



#### 5. Finish chili & serve

Stir in **garlic**, **1–1½ teaspoons chile powder** (depending on heat preference), and  $\frac{1}{2}$  **tablespoons flour**; cook, 1 minute. Add  $1\frac{1}{4}$  **cups water**, and  $\frac{1}{2}$  **teaspoon sugar**; bring to a boil. Cover partially, simmer over medium-low until thickened, 8–10 minutes. Season to taste with **salt** and **pepper**. Spoon **rice** into bowls and top with **chili**. Drizzle with **sour cream**. Enjoy!



#### 6. Take it to the next level

Throw together a quick pico de gallo for a fresh chili topper. Combine diced tomatoes, red onion, and jalapeño for spice, with some chopped cilantro, and a squeeze or two of lime juice.