

**CHILI****DEC.  
SIMP'**

*for 1/2  
chicken*

1 pound ground turkey, fresh or frozen  
 1 teaspoon olive oil  
 1 large onion (for 1 cup chopped)  
 1 large green bell pepper (for 1½ cups chopped)  
 1 cup frozen carrot slices  
 1 can (15½ ounces) red kidney beans  
 1 can (15 ounces) black beans  
 2 cans (14½ ounces each) chili-style stewed tomatoes  
 2 teaspoons chili powder (see Box) *(1/2 tsp per can)*  
 1 teaspoon garlic powder *(1/2 tsp)*  
 1 teaspoon ground cumin  
 14 already-pitted oil-cured olives (optional) *(in Separated  
box)*  
 Salt and black pepper to taste

1. If the turkey is frozen, run hot water over it so you can remove any packaging. Place the turkey on a microwave-safe plate and microwave 2 minutes, uncovered, on high, to begin defrosting.
2. Meanwhile, heat the oil in a 4½-quart Dutch oven or soup pot over medium heat. Peel and coarsely chop the onion, adding it to the pot as you chop. Stir occasionally.
3. Add the turkey (fresh or partially defrosted) to the pot and raise the heat to high. Cook, turning and breaking up the meat from time to time. While the meat cooks, seed and coarsely chop the bell pepper, adding it to the pot as you chop. Add the carrots.
4. While the turkey cooks, rinse and drain both of the beans. Add them to the pot along with the stewed tomatoes, chili powder, garlic powder, cumin, and olives (if using). Stir well.
5. Cook on high, stirring frequently, until all the meat is crumbled and browned. Reduce the heat to medium and cook about 5 minutes more. Season with salt and pepper and serve.

Serves 6

1/3 cup all-purpose flour  
 2 tablespoons fine cornmeal  
 1½ pounds fish fillets such as mackerel, salmon, trout, etc.  
 ½ teaspoon salt  
 ½ teaspoon lemon juice  
 12 already-peeled shrimp  
 1½ cups water  
 1 tablespoon white wine  
 1 teaspoon dry mustard  
 1 medium onion  
 1 large green bell pepper  
 1 large fresh tomato

1. Spread the flour over the fish fillet over one side over the other sides. Shake

2. Place both the first side the fish coated have finished cooking carrots, until to high, at

3. Peel the skin to the poached slice into and add

to watch the Super Bowl. Pitted oil-cured olives are listed as optional because they are a bit pricy and may not be available in some supermarkets. (Check the imported or Greek foods section.) However, these little gems are worth seeking out because they add a lovely exotic flavor. They really do make this chili worthy fare for a gathering of special friends.

**● This chili is mild enough even for most children. If you prefer chili that sounds an alarm, increase the chili powder to a tablespoon and add hot pepper sauce to taste.**

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