Sweet Potato, Kale and Turkey Chili

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Cozy up to a bowl of this steaming chili; a hearty and healthy option for your everyday meals. Typically, chili takes a lot of time to simmer, but this recipe can be made on the stovetop in about an hour and it still develops great flavor. Sweet potato, kale, and turkey create this quick and easy meal.

**Ingredients:**

1 lb. ground turkey

1/2 tsp salt, plus more to taste

1/2 cup onion, chopped

3 carrots, peeled and chopped

3 cloves garlic, minced

2 medium sweet potatoes, peeled and cubed

1 14.5-oz. can diced tomatoes

3/4 cup chicken broth

1/2 tsp cumin

1/2 tsp chili powder

1/4 tsp smoked paprika

1 cup chopped kale

Fresh cilantro, for garnish

**Directions:**

1. In a large skillet, cook the turkey over medium-high heat until browned, breaking up into small pieces with a spatula, season with salt. Add the onion, carrots, and garlic to the pan and cook for 2-3 minutes, stirring often.

2. Add the sweet potatoes, tomatoes, broth, cumin, chili powder, and paprika to the pan and stir. Bring to a simmer and cover. Cook for 30-40 minutes until the potatoes are soft, stirring occasionally. Adjust salt to taste. Stir in the kale and cooked until wilted. Serve warm, garnished with fresh cilantro.

