



VitaminSeaSeaweed.com
for sea veggies and
more delicious recipes!



Turkey and Black Bean Chili with Kombu

- | | |
|--|---------------------------|
| 1 ½ tsp Olive Oil | 2 tbsp Chili Powder |
| 1 lb Ground Turkey | ½ tsp Paprika |
| 1 Onion, chopped | ½ tsp dried Oregano |
| 2 cups Water | 2 tbsp Kombu Flakes |
| 1 (28 oz) can Crushed Tomatoes | ½ tsp Grnd Cayenne Pepper |
| 1 (16 oz) can Kidney Beans,
drained, rinsed, and mashed | ½ tsp Ground Cumin |
| 1 tbsp Garlic, minced | ½ tsp Salt |
| | ½ tsp Ground Black Pepper |

Heat oil in a large pot over medium heat. Place turkey in pot, cook until evenly browned. Stir in onion, cook until tender.

Pour water into pot. Mix in tomatoes, kidney beans, garlic, kombu flakes and all seasons. Bring to a boil. Reduce heat to low, cover, and simmer 30 minutes.

