



**GREEN TURKEY CHILLI, WITH MUSHROOM & WHITE BEANS ON SPELT NOODLES**

INGREDIENT	QUANTITY	CALS (g)	PROT. (g)	CARBS (g)	FATS (g)
GROUND TURKEY (EXTRA LEAN)	900g / 2lb	1374	172	0	66
CREMINI MUSHROOMS	900g (2 packages)	198	22	37	1
WHITE KIDNEY BEANS	2 x 540 ml cans	777	56	155	4
CHICKEN STOCK	900 ml	36	4	4	0
ONION	1, medium sized	60	1	16	0
GARLIC	3 cloves	9	0.5	2	0
ANAHEIM CHILIES	2	136	7	34	0.5
POBLANO PEPPERS	2	180	9	30	0.5
OLIVE OIL	1 tbsp	120	0	0	13.5
SPELT FUSILLI	600 g (approx 1.5 pkgs)	1980	91	479	15
<b>BATCH TOTAL CALS &amp; MACROS</b>		<b>CALS (g)</b>	<b>PROT. (g)</b>	<b>CARBS (g)</b>	<b>FATS (g)</b>
		<b>4870</b>	<b>362.5</b>	<b>757</b>	<b>100.5</b>
<b>PER SERVING TOTAL CALS &amp; MACROS</b>	<b>#OF SERVINGS</b>	<b>CALS (g)</b>	<b>PROT. (g)</b>	<b>CARBS (g)</b>	<b>FATS (g)</b>
	<b>6</b>	811.67	60.42	126.17	16.75
	<b>7</b>	695.71	51.79	108.14	14.36
	<b>8</b>	608.75	45.31	94.63	12.56
<b>MACRO RATIO</b>			<b>30%</b>	<b>55%</b>	<b>15%</b>

**INTRUCTIONS**

**TIP: FOR A LOWER-CARB VERSION, TRY SPIRALIZING SOME ZUCCHINI INTO NOODLES INSTEAD**

**STEP 1:** PRE-HEAT YOUR OVEN ON BROILER SETTING, PLACE POBLANO PEPPERS & ANAHEIM PEPPERS ON BAKING SHEET AND BROIL FOR 5 MIN PER SIDE. SET ASIDE TO COOL. ONCE COOLED, CUT OPEN & DISCARD SEEDS. CHOP UP 1 OF EACH, SET OTHER TWO ASIDE.

**STEP 2:** DRAIN AND RINSE 1 OF THE CANS OF BEANS, POUR INTO BLENDER OR FOOD PROCESSOR. ADD THE UNCHOPPED ANAHEIM PEPPER & ANCHO CHILI FROM STEP 1. ADD 1/2 OF THE CHICKEN STOCK. PUREE UNTIL SMOOTH.

**STEP 4:** IN A LARGE STOCK POT (MED-HIGH HEAT), HEAT 1 TBSP OF OLIVE OIL, ADD ONIONS, GARLIC, MUSHROOMS AND YOUR FAVOURITE SPICES (I USED 1 TBSP OF CUMIN, A HANDFULL OF CHOPPED FRESH OREGANO, SALT & PEPPER). SAUTEE A FEW MINUTES UNTIL ONIONS AND MUSHROOMS SOFTEN. ADD GROUND TURKEY AND SAUTEE UNTIL BROWNEED.

**STEP 5:** ADD THE 2ND CAN OF KIDNEY BEANS, BEAN/PEPPER/CHILI PUREE, CHOPPED PEPPER/CHILI, AND THE CHICKEN STOCK TO THE POT. STIR OCCASIONALLY UNTIL MIXTURE COMES TO A BOIL. REDUCE HEAT TO LOW AND SIMMER, PARTIALLY COVERED, FOR 2-3 HOURS, STIRRING OCCASIONALLY.

**STEP 6:** PREPARE PASTA ACCORDING TO PACKAGE DIRECTIONS, AND PORTION OUT AS DESIRED. SPOON EQUAL PORTIONS OF CHILI OVERTOP OF NOODLES & SERVE