

Indian Style Chili Masala

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Ingredients

2 tablespoons Avocado oil/Canola oil

1 teaspoon cumin seeds
1 jalapeno unseeded and diced
1 medium red onion, diced
3 garlic cloves, minced
1 teaspoon grated ginger
1 pound ground turkey
1.5 teaspoons cumin and coriander powders
1 teaspoon each turmeric, Indian red chili/cayenne pepper powders
2 tteaspoon salt
1 can red kidney beans, about 15 oz
1 can diced fire roasted tomatoes, about 14 oz
Chicken stock, 1 cup + more as needed
1.5 teaspoons of garam masala*
1 lemon, juiced

Steps

Heat avocado oil in a heavy bottom pan on medium high heat.

Once the oil is sizzling hot, add cumin seeds to it and let them crackle. If the oil is hot enough, they will crackle as soon as they touch the oil.

Give the cumin a couple of seconds to crackle and then add the diced jalapeno to it.

Add onion, garlic, ginger, and sauté for about 3 minutes or until onion becomes soft and pink.

Add ground turkey, break it apart and cook until both turkey and onion are brown about 5 mins.

Add all the ground spices/powders, salt, and mix well, so that the meat is covered in spices. Meat will release some juices at this point.

Next, add kidney beans, diced tomatoes and a cup of chicken stock. Add more stock to get your desired consistency. Ideally, it should be thick, but not dry. Taste and adjust salt as needed.

Bring it to a boil and cook for about 5-8 minutes until the flavors blend and the beans and meat are cooked.

Add garam masala*, cook for a couple more minutes, taste and adjust spices if needed. If adding more spices, cook for 2-3 additional minutes.

Turn off the heat; add lemon juice, mix and serve.

Serve with diced onion, cilantro, shredded cheese and some warm naan bread on the side.

*Garam masala can be bought at Trader Joe's, Whole Foods or at any Indian grocery store.

