

3 Dinners Mini Menu #16 - Progressive Chili

Grocery List

3lbs Ground Turkey
Onions (x2)
28oz Diced Tomatoes
15oz Tomato Sauce
2-15oz cans Kidney Beans
Chili Powder
White Rice
14.5oz Canned Corn
Avocado (x1)
16oz Cheddar Cheese
8oz Sour Cream
Lettuce
Tortilla Chips
Elbow Noodles
Milk

Base Recipe for Stovetop Chili

3lbs ground turkey
2 onions (diced)
28oz diced tomatoes
15oz tomato sauce
2-15oz cans of kidney beans
3 tbsp chili powder
Favorite Seasonings

1. In a large pot, brown ground meat. Drain if needed.
2. Add onions and cook 5 minutes until softened.
3. Stir in tomatoes with juice, tomato sauce, drained & rinsed kidney beans, chili powder, and favorite seasonings.
4. Optional: Add water/broth until it's the thickness you like.
5. Simmer uncovered 30 minutes, stirring occasionally.

Chili Rice Bowls

1/3 prepared chili
4 cups cooked white rice
14.5oz canned corn
1 avocado
Shredded Cheddar Cheese
Sour Cream

1. If not the first night, reheat chili until hot.
2. Start with cooked rice at the bottom of each bowl. Top with chili, drained corn, sliced avocado, shredded cheese, and a dollop of sour cream!

@lowdoughfamily

Chili Nachos

1/3 prepared chili
tortilla chips
Shredded Cheddar Cheese
Shredded Lettuce
Sour Cream

1. If not the first night, reheat chili until hot.
2. Spread tortilla chips out in the bottom of your air fryer basket or toaster oven sheet.
3. Top with chili and shredded cheddar cheese.
4. Air Fry at 350 Degrees for about 3-4 minutes until cheese is melty.
5. Top with shredded lettuce and a dollop of sour cream.

Chili Mac Pasta

1/3 prepared chili
1lb macaroni noodles
4tbsp butter or margarine*
4tbsp flour*
3 cups milk
2-3 cups shredded cheese
Favorite Seasonings

1. Boil water for pasta, cook until tender, drain, and set aside.
2. In a large skillet or pot, melt butter/margarine over medium heat.
3. Whisk in flour to form a roux; cook 1-2 minutes until golden and bubbly.
4. Slowly whisk in milk, stirring constantly, until thickened (5-7 minutes). Stir in shredded cheese until smooth and creamy.
5. Add cooked pasta and leftover chili. Stir until everything is coated in the cheese sauce.