

## One-Pot Turkey Chilli (One Portion)

### Ingredients

- 1 tsp rapeseed oil
- 100g turkey mince (2% fat if possible)
- ¼ onion, diced
- 1 small garlic clove, crushed
- ¼ pepper, chopped
- ½ small carrot, diced
- ½ stick celery, sliced
- ¼ courgette, chopped
- ½ tsp ground cumin
- ½ tsp smoked paprika
- ¼ tsp ground coriander
- Pinch of chilli powder
- 1 tsp tomato purée
- 150g chopped tomatoes
- 50–75ml water or low-salt veg stock
- Pinch of dried oregano
- Squeeze of lime (optional)
- 60–70g brown rice (dry weight), to serve

### Method (One Pot, Portable Hob Friendly)

1. Brown the turkey Heat oil, add turkey mince, cook 5–7 minutes until lightly browned. Break it up with a spoon.
2. Add veg Add onion, garlic, pepper, carrot, celery, courgette. Cook 5 minutes.
3. Add spices Stir in cumin, smoked paprika, coriander, chilli powder. Toast 1 minute.
4. Add tomatoes + stock Add tomato purée, chopped tomatoes, and water/stock.
5. Simmer Add oregano and simmer 20 minutes on low heat.
6. Finish Add lime if using. Serve with brown rice.

### Why This Turkey Version Works Well

- **Lean, high-quality protein:** Turkey mince (especially 2% fat) provides a filling, low-fat protein source that supports stable blood sugar levels and keeps participants satisfied for longer.
- **Same flavour base as the veggie version:** The spices, veg and tomatoes are identical to the bean chilli, so both pots can be cooked side-by-side with almost no extra teaching load.
- **Quick to cook on portable hobs:** Turkey browns in 5–7 minutes and then simmers gently — ideal for limited equipment and short session times.
- **Easy for mixed-ability groups:** The only extra step is browning the mince. Everything else mirrors the bean chilli, making it simple for participants to follow.
- **Flexible for dietary needs:** Great for those who prefer a meat option, want higher protein, or are less keen on beans. (You can still add a small amount of beans for fibre if desired.)
- **Still diabetes-friendly:** Paired with vegetables and brown rice, the turkey chilli remains low-GI, balanced, and nutrient-dense.

- **Flexible for dietary needs:** Great for those who prefer a meat option, want higher protein, or are less keen on beans. (You can still add a small amount of beans for fibre if desired.)
- **Still diabetes-friendly:** Paired with vegetables and brown rice, the turkey chilli remains low-GI, balanced, and nutrient-dense.