

soup recipe



Moroccan Turkey & White Bean Chili

From the The Beach Club at WaterSound[®]

1 Diced	Yellow Onion
1 Minced	Jalapeno Pepper
1 Diced	Red Bell Pepper
4 Minced	Garlic Cloves
1 lb	Lean Ground Turkey
3 Tbsp	Moroccan Spices
2-15oz Cans	Great Northern Beans or Cannellini Beans (rinsed & drained)
1-14oz Can	Tomato sauce
1-14oz Can	Petite Diced Tomatoes (undrained)
½ Cup	Raisins
½ Cup Diced	Dried Apricots

Moroccan Spices

1 ½ Tbsp	Paprika	¾ tsp	Ground Ginger
1 ½ tsp	Curry Powder	½ tsp	Ground Cinnamon
1 tsp	Sugar	¼ tsp	Chili Powder
¾ tsp	Ground Cumin		

Procedure: In a medium sized soup pot, sauté the onions, peppers and garlic for five minutes over medium heat. Add the ground turkey and continue to cook until the turkey is browned. Add the Moroccan spices and cook for another 3 minutes. Add the beans, tomato sauce and diced tomatoes and bring to a simmer. Cook the chili for 30 minutes on low heat or at a simmer and then add the raisins and diced apricots and cook for another 15 minutes.

Serves: 6

Created by
SHANE QUINLAN
EXECUTIVE CHEF

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WATERSOUND

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