

## Stovetop Sweet Potato and Turkey Chili

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1 lb. ground turkey	3/4 cup chicken broth
1/2 tsp salt, plus more to taste	1/2 tsp cumin
1/2 cup onion, chopped	1/2 tsp chili powder
3 carrots, peeled and chopped	1/4 tsp smoked paprika
3 cloves garlic, minced	1 cup chopped kale
2 medium sweet potatoes, peeled and cubed	Fresh cilantro, for garnish
1 14.5-oz. can diced tomatoes	

In a large skillet, cook the turkey over medium-high heat until browned, breaking up into small pieces with a spatula. Season with salt. Add the onion, carrots, and garlic to the pan and cook for 2-3 minutes, stirring often.

Add the sweet potatoes, tomatoes, broth, cumin, chili powder, and paprika to the pan and stir. Bring to a simmer and cover. Cook for 30-40 minutes until the potatoes are soft, stirring occasionally. Adjust salt to taste. Stir in the kale and cook until wilted. Serve warm, garnished with fresh cilantro.

Makes 6 servings. Calories: 235.

Recipe taken from <http://paleogrubs.com/>

### For more information contact:

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