TURKEY OR BUFFALO CHILI  
  
PHASE 1  
Serves approximately 6 (single portion: 1½ cups)  
Please note: Because this recipe contains such a large amount of starchy legumes, it counts as a Grain as well as Protein and Veggie servings. No need to add an additional Grain to the meal, even if the meal map specifies a Grain.  
1 to 1½ pounds lean ground turkey or buffalo meat  
½ cup diced red onion, or more, if desired  
2 tablespoons parsley or cilantro  
1 heaping tablespoon chili powder  
1 tablespoon minced garlic  
½ teaspoon crushed red pepper flakes (see Note)  
15-ounce can white beans  
15-ounce can kidney beans  
15-ounce can black beans  
15-ounce can pinto beans  
15-ounce can lentils or adzuki beans  
4 cups chopped zucchini  
4 cups (32 ounces) organic bell pepper–tomato soup or plain tomato soup (Just be sure it is not milk-based. For brands I use, visit my website.)  
1 heaping teaspoon sea salt  
Brown the turkey in a skillet and drain.”“Turn a slow cooker to high setting. Add the meat, onion, parsley, chili powder, garlic, and red pepper flakes to the pot. Stir, cover, and set aside.  
Open and partially drain all five cans of beans; I leave a little liquid in to make my chili a little juicier. Add the beans, zucchini, and soup to the cooker. Stir well. Keep the cooker set on high for 4 to 5 hours, or adjust heat to low and simmer for 6 to 8 hours.  
Stir and taste occasionally, adjusting seasonings as needed. Add the salt just before serving to best preserve its nutrients.  
Note: Adds a little kick, and you can always add more when serving if you like it with kick, but the rest of the family doesn’t. Also, I will make this chili before I get the kids up in the morning and set it to low so it is hot and ready to go for dinner. Or, if I am slow cooking for the future, I will throw it in right before I go to bed and fridge or freeze it in the morning before I leave for work.”  
  
Excerpt From: Pomroy, Haylie. “The Fast Metabolism Diet.” Harmony, 2013-04-09. iBooks.  
This material may be protected by copyright.  
  
Check out this book on the iBooks Store: <https://itunes.apple.com/WebObjects/MZStore.woa/wa/viewBook?id=583728837>  
  
Excerpt From: Pomroy, Haylie. “The Fast Metabolism Diet.” Harmony, 2013-04-09. iBooks.  
This material may be protected by copyright.