



Chili Zucchini Boats + Chili Mix

4

SERVES

5
MINS

PREP TIME

45
MINS

TOTAL TIME

More great ways to use this seasoning:



Boosted Ground Meat: Brown 1 lb. (450 g) of ground beef or ground chicken in a skillet over medium heat and add 2 tbsp (30 mL) of mix. Use it in tacos, salads, and more.



Chili Mac: Sprinkle $\frac{1}{2}$ tsp (2 mL) of mix over 1 cup (250 mL) of prepared mac 'n cheese.

Ingredients

- 1 tbsp (15 mL) olive oil
- 1 lb. (450 g) lean ground turkey
- 1 can (8 oz./250 g) tomato sauce
- 1 can (15 oz./398 mL) diced tomatoes with mild chilies
- 1 can (15 oz./398 mL) red kidney beans, drained and rinsed
- 2 tbsp (30 mL) **Chili Mix**, divided
- 4 oz. (125 g) cheddar cheese, coarsely grated
(1 cup/250 mL), divided
- 4 medium zucchini, ends trimmed

Spicy Ranch (Optional)

- ½ cup (125 mL) ranch dressing
- 1½ tsp (7 mL) Chili Mix

Toppings (Optional)

- 1 green onion, sliced
- 1 cup (250 mL) ranch flavored corn chips, crumbled

Easy Change-Ups

Meat Mix-Up: You can swap the turkey for ground beef or plant-based meat alternative. Or use a combination of ground meat.

Pick Your Beans: You can swap the kidney beans for black beans or chickpeas.

Love Your Leftovers: This recipe is a great way to use up any kind of leftover chili!

Directions

1. Preheat the oven to 375°F (190°C). Heat the oil in a medium skillet over medium heat for 2–3 minutes. Brown the turkey in the pan, breaking it into pieces, until it's no longer pink, about 5–6 minutes. Add the tomato sauce, tomatoes with their juice, beans, and Chili Mix. Stir and simmer for 5–7 minutes. Remove the skillet from the heat and stir in *half* of the cheese.
2. Slice the zucchini in half lengthwise, and scoop out the centers using a teaspoon.
 - To scoop out the centers, scrape from the top down, digging fairly deep but not through the bottom of the zucchini.
3. Place the zucchini boats in a 9" x 13" (23-cm x 33-cm) casserole dish, and spoon the chili mixture over the zucchini. Top with remaining cheese, and bake for 19–23 minutes, or until the zucchini are tender.
 - If you start with softer zucchini, you may not need to bake for the full time.
4. Meanwhile, if you'd like, whisk the ranch and Chili Mix in a small bowl until combined. Drizzle over the top of the zucchini and top with crushed chips and sliced green onion.

U.S. nutrients per serving: Calories 530, Total Fat 24 g, Saturated Fat 9 g, Cholesterol 110 mg, Sodium 1,110 mg, Carbohydrate 39 g, Fiber 4 g, Sugars 13 g (includes 2 g added sugar), Protein 40 g

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