



# ONE-DISH WONDERS

**Sit back and let these delicious comfort dishes simmer away while you watch the big game.**

BY ROSLYN RALPH

It's football season and sitting in front of the TV and cheering on your favourite team is something of a Canadian ritual. With a little bit of preparation, these delicious, easy-to-prepare dishes will take care of themselves while you enjoy the big game.

## Turkey Chili

Something a little different from the usual chili con carne, which is made with beef, this dish is a tasty variation on a theme.

### Ingredients

1-1/2 lb	lean ground turkey
2 (14-oz) cans	white beans, rinsed and drained
2 cups	beef stock
1 (28-oz) can	diced tomatoes
1 (8-oz) can	tomato sauce
1 Tbsp	vegetable oil
1 large	onion, chopped
1 medium	green bell pepper, chopped
1 cup	corn

1 tsp	dried oregano
1 tsp	ground cumin
1/4 cup	chili powder
1 Tbsp	unsweetened cocoa powder
1/4 tsp	ground cinnamon
salt to taste	

### Directions

Heat oil in a large pot or Dutch oven over medium heat. Add onion and sauté until tender. Add oregano and cumin, stir for 1 minute. Increase temperature to medium-high, add turkey and stir to cook until no longer pink. Stir in green pepper, chili powder, cocoa powder and cinnamon. Add tomatoes, tomato sauce and stock and bring to a boil. Reduce to simmer and cook for 45 minutes, stirring occasionally. Add salt, beans and corn, and simmer an additional 10 minutes. Serve with chopped red onion and cilantro and a spoonful of yogurt. *Serves 6.*

## Corn Muffins

While the chili simmers on the stove, pop these in the oven.

1 cup	all-purpose flour
1 cup	yellow cornmeal
1 Tbsp	sugar
2 tsp	baking powder
1 tsp	salt
1/2 tsp	baking soda
1/4 tsp	cayenne pepper
1-1/2 cups	low-fat sour cream
2 large	eggs, lightly beaten
2 Tbsp	unsalted butter, melted
1/4 cup	chopped chives

### Directions

Preheat oven to 425°F. Prepare standard muffin pan with non-stick cooking spray. Combine all dry ingredients in a large bowl. Stir in chives. In a smaller bowl whisk together eggs, sour cream and butter. Add wet mixture to dry and

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stir until just blended. Divide batter into prepared muffin cups and bake for about 20 minutes or until tester comes out clean. Let muffin pan cool on rack. *Makes about 10 muffins.*

### Savoury Pork Stew

This is a wonderful stew that is terrific over couscous. Add a green salad to round out the meal.

#### Ingredients

4 lb	pork shoulder, trimmed and cut into cubes
3 Tbsp	vegetable oil
2 large	onions, sliced
3 cloves	minced garlic
1/4 cup	all-purpose flour
2 cups	chicken stock
1 cup	apple cider or juice
1-1/2 cups	dark beer
1 Tbsp	Dijon mustard

1 tsp	ground coriander
1 tsp	ground cinnamon
1 cup	chopped dried apricots
1/2 cup	chopped prunes
salt and pepper to taste	

#### Directions

Preheat oven to 350°F. Heat oil in Dutch oven or casserole over medium-high heat. Adding pork in batches, cook until brown, stirring occasionally. Using a slotted spoon, transfer to a bowl. Add onions and garlic to the pan and cook until tender. Stir in flour and stir for three minutes. Mix in broth, cider, beer, mustard, coriander and cinnamon, and bring to a boil. Return pork and any juices to the casserole, stir in dried fruit, cover and bake for 1 hour. Remove lid and continue baking for another 45 minutes or until pork is tender and liquid has a sauce consistency. Add salt and pepper to taste. *Serves 6.* 🍴