

# Turkey Chili

**Recipe Type:** Main Dish

**Serves:** 7

**Prep Time:** 15 minutes

**Cooking Time:** 40 minutes

**C** means cup    **T** means tablespoon    **t** means teaspoon    **oz** means ounce

## What you need:

- 1 pound 93% fat free ground turkey
- 1 T canola oil
- 1 large onion
- 3 garlic cloves
- 2 medium bell peppers (make one red for more color)
- 15.5 oz can of kidney beans
- 28 oz can of crushed tomatoes
- 1 t chili powder
- 1/2 t oregano
- 1 t cumin
- 1/2 t paprika
- 1 t black pepper
- 1 t dried cilantro
- 3 green onions or scallions

## What to do:

1. Wash your hands.
2. Mince the garlic cloves and chop the onions and peppers.
3. Heat the oil in a sauce pan.
4. Add onions, peppers and garlic and cook for 5 to 7 minutes.
5. Add the turkey and stir well until the turkey is soft.
6. Use a spoon to chop the turkey into smaller chunks and cook for 7 more minutes.
7. Add the chili powder, oregano, cumin, paprika, dried cilantro and black pepper. Stir well
8. Add the crushed tomatoes, beans and water and bring to a boil.
9. After the chili starts to boil, reduce the heat and allow it to simmer for 25 to 30 minutes.
10. Stir from time to time.
11. Remove from heat and let it stand for 5 minutes.
12. Serve warm and enjoy!



This is a picture of 1 serving.

## Nutrition Facts

Serving Size 1 C

Amount Per Serving

Calories 220

Calories from Fat 60

%Daily Value\*

**Total Fat** 7 g **11%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

**Cholesterol** 35 mg **12%**

**Sodium** 390 mg **16%**

**Total Carbohydrate** 23 g **8%**

Dietary Fiber 7 g **28%**

Sugars 8 g

**Protein** 19 g

Vitamin D 0%

Calcium 8%

\* Percent Daily Values are based on a 2,000 calorie diet.

FK= 3.3; 9/12/2012

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