

Turkey Chili

Nutrition Facts:	
Yield	4
Calories	350
Fat	1.5 g
Sodium	710 mg

Code
\$



Ingredients Needed:

1 • 1.5 lbs. fat-free ground turkey
1 medium yellow onion
1 green bell pepper
1 yellow bell pepper
15 oz. can kidney or black beans
15 oz. can tomato sauce
15 oz. can tomatoes
2 Tbsp. tomato paste
Non-stick cooking spray
1 Tbsp. + 1 tsp. cumin
2 tsp. chili powder
1 tsp. paprika
2 cloves garlic

Recipe Directions:

- Heat a large saucepan over medium heat, then coat the pan with non-stick cooking spray and add the turkey and all the spices.
- Cook the turkey until it turns white and is no longer pink. Remove from pan and set aside.
- Mince the garlic and dice the onion and bell peppers.
- Re-coat the pan with non-stick cooking spray and add the onion, garlic, and peppers.
- Cook until onion is translucent and all the vegetables have softened.
- Add the turkey, beans, tomato sauce, tomatoes, and tomato paste into the pan with vegetables.
- Bring mixture to a boil and let simmer for 15 minutes to allow the flavors to combine.

