

SIMPLE TURKEY CHILI

-----MAINS-----

INGREDIENTS

1 1/2 teaspoons olive oil
1 onion, chopped
1 medium sweet bell pepper, chopped
3 cloves garlic, minced
1 lb. ground turkey
2 tablespoons chili powder
1/2 teaspoon paprika
1/2 teaspoon dried oregano
1/2 teaspoon ground cumin
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon ground cayenne pepper (optional for additional heat)
2 cups low-sodium chicken broth
1 (28-ounce) can diced or crushed tomatoes
1 (15-ounce) can kidney beans, drained, rinsed

DIRECTIONS

1. Heat the oil in a large pot over medium heat. Stir in onion and bell pepper and cook until tender.
2. Add garlic. Place the turkey in the pot and cook until evenly brown.
3. Season meat with chili powder, paprika, oregano, cumin, salt, pepper and cayenne pepper, if using.
4. Pour water or broth into the pot. Mix in tomatoes, kidney beans. Bring to a boil. Reduce heat to low, cover and simmer 30 minutes.

VARIATIONS & TIPS

- This is a great framework recipe that can be easily adapted to your preferences or whatever you have on hand.
- In place of the ground turkey, use ground beef, chicken, pork or additional beans.
- This recipe can be made vegetarian by replacing the meat with an additional can of beans.
- Other canned items that would work well with these recipes: other beans, chickpeas, canned pumpkin (not purée), canned chilis, diced tomatoes with chilis, corn, tomato paste.
- You could add a variety of other vegetables like sweet potatoes, fresh tomatoes, celery, carrots, and butternut squash.
- You can use any kind of broth or stock on hand or could use water instead if you don't have stock.
- Optional for serving: 1 teaspoon shredded cheese, avocado, fresh cilantro, a dollop of Greek yogurt.

NUTRITION FACTS

309 calories, 13.9 g total fat, 3.8 g saturated fat, 53 mg cholesterol, 28g carbohydrates, 10g fiber, 609 mg sodium, 22 g protein

**Nutrition facts and total cost are based on utilizing 85% lean turkey in the recipe. Nutrition facts will change as variations and substitutions are included.*

YIELD: 6 servings

TOTAL COST: \$8.75

COST PER SERVING: \$1.46

SOURCE: Adapted from allrecipes.com

