



Turkey Chili

Serve with cornbread and salad for a hearty meal.



INGREDIENTS

- | | |
|---------------------------------|--|
| nonstick cooking spray | 2 (14½-ounce) cans kidney or pinto beans, drained and rinsed |
| 1 pound lean ground turkey | |
| 1 medium onion, chopped | 1 (8-ounce) can tomato sauce |
| 1 green bell pepper, chopped | 1 package chili seasoning |
| 1 (28-ounce) can whole tomatoes | 2 teaspoons ground black pepper |

PREPARATION

1. Spray a large skillet with nonstick cooking spray and heat over medium-high heat.
2. Brown ground turkey until no longer pink; drain excess fat.
3. Add onion and bell pepper and cook for 5 minutes.
4. Add remaining ingredients. Cover and cook for 20 minutes over low to medium heat. Serve while hot.



Makes 12 servings. 1 cup per serving.

Prep time: 10 minutes Cook Time: 30 minutes

Nutrition information per serving: Calories 176, Carbohydrate 23 g, Dietary Fiber 6 g, Protein 15 g, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 25 mg, Sodium 503 mg