

Turkey Chili

From the California Dept. of Public Health and the Network for a
Healthy California Champions for Change

http://www.cachampionsforchange.net/en/docs/Dinner/Turkey_Chili.pdf

Ingredients

- Nonstick cooking spray
- 1 pound lean ground turkey
- 1 medium onion, chopped
- 1 green bell pepper, chopped
- 1 (28-ounce) can whole tomatoes
- 2 (14 ½-ounce) cans kidney or pinto beans, drained and rinsed
- 1 (8-ounce) can tomato sauce
- 1 package chili seasoning
- 2 teaspoons ground black pepper

Instructions

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*)

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

