

Turkey and Bean Chili

EASY | RECIPE

Ingredients:

- 1 tbsp **olive oil**
- 1 **onion**, chopped
- 1 **clove garlic**, chopped
- 1 **red pepper**, seeded and chopped
- 8 oz. **ground turkey**
- 28 oz. can **diced tomatoes**
- 2 tbsp **tomato paste**
- 15 oz. can no-salt-added **white kidney beans**, drained and rinsed
- 1 tsp **cumin**
- 1 tbsp **chili powder**
- ¼ tsp **salt**, or more to taste

Method:

- 1.** In a large stockpot, heat oil over medium heat.
 - 2.** Add onion, garlic and red pepper.
 - 3.** Cook and stir, about 5 minutes.
 - 4.** Crumble in the turkey and cook until no longer pink, about 5 minutes.
 - 5.** Add tomatoes, tomato paste, beans, cumin, chili powder and salt. If it's too thick, add water to reach desired consistency.
 - 6.** Bring to a boil, reduce heat and simmer about 15 minutes and serve.
- Optional toppings:** sprigs of cilantro, shredded cheddar cheese or plain Greek yogurt.



Makes 4 servings. Per serving:

286 calories | 21g protein | 8g total fat | 2g saturated fat | 4g mono fat |
2g poly fat | 37g carbohydrate | 10g sugar | 12g fiber | 429mg sodium