

Turkey Chili

Recipe Type: Main Dish

Serves: 7

Prep Time: 15 minutes

Cooking Time: 40 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 3 garlic cloves
- 1 large onion
- 2 medium bell peppers (make one red for more color)
- 1 T canola oil
- 1 pound (lb.) 93% fat free ground turkey
- 1 t chili powder
- ½ t oregano
- 1 t cumin
- ½ t paprika
- 1 t black pepper
- 1 t dried cilantro
- 1– 28 oz can of crushed tomatoes
- 1– 15.5 oz can of kidney beans
- 3 green onions or scallions

What to do:

1. Wash your hands.
2. Mince the garlic cloves and chop the onions and peppers.
3. Heat the oil in a saucepan.
4. Add peppers, onions and garlic and cook for 5–7 minutes.
5. Add the turkey and stir well until the turkey is soft.
6. Use a spoon to break the turkey into smaller pieces and cook for 7 more minutes.
7. Add all the spices and stir well.
8. Add the crushed tomatoes and beans and bring to a boil.
9. After the chili starts to boil, reduce the heat and allow it to simmer for 25–30 minutes, stir often.
10. Remove from heat and let it stand for 5 minutes.
11. Top with green onions or scallions.
12. Serve warm and enjoy!



This is a picture of 1 serving.

Nutrition Facts

7 servings per container

Serving size 1 cup (308g)

Amount per serving

Calories 200

% Daily Value*

Total Fat 4g 5%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 450mg 20%

Total Carbohydrate 23g 8%

Dietary Fiber 6g 21%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 21g

Vitamin D 0mcg 0%

Calcium 86mg 6%

Iron 3mg 15%

Potassium 818mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FK= 4.6