

Quick Southwestern Turkey Chili

Ingredients:

- 1 cup green pepper, chopped
- 1 ½ cups onion, chopped
- 2 carrots, chopped
- 2 cloves garlic
- 2 tbsp olive oil
- 2 (28 oz) cans kidney beans, rinsed and drained
- 1 (28 oz) can diced tomatoes
- 3 cups extra lean ground turkey (or lean ground beef)
- 1 tbsp chili powder
- 2 tbsp fresh cilantro, minced
- 1 tsp crushed red pepper
- ½ tsp salt



Making it:

1. In a large saucepan or soup pot, heat oil over medium heat. Sauté pepper, onion and garlic for about 5 minutes. Add meat and heat until cooked through.
2. Add beans, tomatoes, turkey, chili powder, cilantro, crushed red pepper and salt.
3. Bring to a boil, reduce heat and simmer uncovered for 20 minutes.

Tips and Hints:

- To increase carbohydrate add cooked corn kernels or serve with whole wheat dinner roll.
- To boost fiber, antioxidants, and perhaps use up some vegetables in the fridge you can experiment by adding a variety of vegetables such as red peppers or mushrooms.
- Easy to portion into Tupperware and freeze for a meal later.
- Spice it up with a chopped jalapeno pepper.

NUTRITION FACTS

Servings: 6
 Serving Size: 1 cup

Total Calories	340
Carbohydrate	23 g
Total Fat	15 g
Protein	28 g
Fiber	7 g

Prep Time: 20
 Cook Time: 30
 Servings: 8