

Turkey Chili

Ingredients:

- ½ Tablespoon of canola oil
- 1 pound lean ground turkey, such as 93/7, 97/3 or even better 99/1
- 1 medium onion, finely chopped
- 1 medium bell pepper, chopped (any color)
- 1 teaspoon or 3 cloves minced garlic
- 1 ½ cup of fat-free, low-sodium chicken broth (check to make sure preservative free)
- 2 cups tomatoes, chopped
- 1 (12 oz) can of tomato paste
- 2 cups of cooked kidney beans
- 1 Tablespoon of cumin
- 1 Teaspoon of oregano
- 1 medium jalapeno, chopped (optional if you like spicy chili)
- Dash of red pepper flakes
- Chopped fresh cilantro (optional, for added flavor)

Directions:

1. In a medium non-stick saucepan, heat the oil over medium heat. Cook the onion and garlic for about 2 minutes.
2. Stir in cumin, oregano, jalapeno (optional) and red pepper flakes. Cook for about two minutes.
3. Increase the heat to medium high and add the ground turkey. Cook for about 3 to 4 minutes until brown on the outside, stirring frequently.
4. Add the tomato paste and chicken broth and bring to a boil. Reduce the heat and simmer for 30minutes until the liquid has been reduced by about one-third.
5. In a separate pan, sauté the peppers until soft.
6. Add chopped tomatoes, cooked kidney beans and peppers and cook until heated through, about 5 to 10 minutes.
7. Spoon chili into bowls and top with chopped fresh cilantro.

Serving size: 1 ½ cups

Nutritional Information: 271 calories; 3 grams of total fat, 0.5 grams of saturated fat; 73 mg cholesterol; 139 mg sodium; 41 grams of carbohydrates, 8 grams of dietary fiber, 10 grams of sugar; 33 grams of protein