

Chili Turkey Pasta Skillet

One pot wonder that is full of comfort and flavor!

Servings: 6

Serving Size: 1 cup

Ingredients:

- 1 tablespoon olive oil
- 1 pound lean ground turkey, 90% lean
- 1 (15 oz) can chopped tomatoes, no salt added
- 1 medium green bell pepper, chopped
- 1 medium sweet onion, chopped
- 2 cups whole-wheat elbow macaroni, cooked al dente
- 1 (15-ounce) can kidney beans, drained and rinsed
- 2 tablespoons chili powder, salt-free
- 2 teaspoons ground cumin
- ¼ teaspoon salt, or to taste

Instructions:

1. Heat the oil in a nonstick or cast-iron skillet over medium-high heat. Add the turkey, bell peppers and onions to the skillet and cook for 10-15 minutes, until vegetables are soft, and turkey is no longer pink.
2. Add the chopped tomatoes, noodles, beans, chili powder, cumin, and salt to the skillet and let simmer for 15 minutes.

Source: <https://www.godairyfree.org/recipes/healthy-turkey-pasta-skillet>



Nutrition Facts

Serving Size: 1 cup (336g)
Servings Per Container: 6

Amount Per Serving

Calories 380 Calories from Fat 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 240mg **10%**

Total Carbohydrate 49g **16%**

Dietary Fiber 8g **32%**

Sugars 8g

Protein 24g

Vitamin A 25% • Vitamin C 50%

Calcium 10% • Iron 25%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g