

Three-Bean Turkey Chili

INGREDIENTS

1 pound lean ground turkey
1 tablespoon olive or vegetable oil
1 medium yellow onion, diced
1 small green pepper, seeded and diced
2 cloves garlic, minced
1 Tablespoon chili powder
1 Tablespoon ground cumin
1 teaspoon dried oregano
1/2 teaspoon black pepper
1 can (15 oz.) low sodium chicken or beef broth
1 can (28oz.) low sodium fire-roasted diced tomatoes
1 can (15oz.) low-sodium black beans, rinsed
1 can (15oz.) low-sodium kidney beans, rinsed
1 can (15oz.) low-sodium pinto beans, rinsed
optional toppings: cheddar cheese, diced onions, diced avocados, sour cream, crushed crackers

PREPARATION

Heat a large pot to medium high and add oil. Add ground turkey, onion and pepper and sauté until the meat is browned and the vegetables are tender, about 10-15 minutes. Add the garlic and sauté until fragrant, about 30 seconds. Add the spices and sauté for 30 seconds. Add broth, tomatoes, and all beans. Bring chili to a boil; reduce heat, and simmer for 45 minutes or until thickened, stirring occasionally. Taste and adjust seasonings, if needed.

Serve topped with any of the optional toppings above.

Makes 8 servings; 1 1/2 cups chili per serving.

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Nutrition Facts		
Serving Size: 12 oz — 28g		
Amount Per Serving		% Daily Value*
Calories	303	15%
Total Fat	8g	13%
Saturated Fat	2g	9%
Trans Fat	0g	
Cholesterol	49mg	16%
Sodium	187mg	8%
Total Carbohydrate	34g	11%
Dietary Fiber	11g	46%
Sugars	5g	
Protein	24g	48%
Vitamin A	14%	Vitamin C 43%
Calcium	14%	Iron 22%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.		
Full info at cronometer.com		