

THREE-BEAN TURKEY CHILI

Makes 8 servings; 1&1/4 cups chili and 5 crackers each

INGREDIENTS

1 pound ground turkey
1 medium onion, chopped
2 garlic cloves, chopped
1 can (28oz.) diced tomatoes, undrained
1 jar (16 oz.) chunky salsa
1 can (15 oz.) black beans, rinsed and drained
1 can (15 oz.) kidney beans, rinsed and drained
1 can (15 oz.) white beans, rinsed and drained
1 can (15 oz.) lower sodium chicken broth
1 tsp. chili powder
1 tsp. ground cumin
salt and pepper to taste
40 butter crackers, such as RITZ
Shredded cheese, sour cream, sliced green onions for serving



PREPARATION

- Cook turkey and onion in large saucepan on medium-high heat for 10 minutes or until browned and no longer pink, stirring occasionally.
- Add garlic; sauté for 30 seconds until fragrant.
- Add next 8 ingredients through cumin. Mix well and bring to a boil. Lower heat and cover. Simmer for 30-45 minutes until chili has thickened.
- Season to taste with salt and pepper.
- Spoon into soup bowls; top with cheese and other garnishes.
- Serve with crackers.