

Turkey Chili

Nutritional information on back.



Fold or cut here to fit in recipe box.

Turkey Chili

- 2 Tbsp. olive oil
- 2 medium onions, coarsely chopped
- 1 bunch scallions, sliced 1/4-inch, including green stems
- 5 garlic cloves, crushed
- 2 medium green bell peppers, coarsely chopped
- 1½ pounds of ground turkey breast
- 1 (15 oz.) can light kidney beans, rinsed and drained
- 1 (15 oz.) can dark kidney beans, rinsed and drained
- 1 (15 oz.) can unsalted stewed tomatoes
- 2 Tbsp. chili powder, or to taste
- 1 tsp. dried red pepper flakes, or to taste
- ½ tsp. black pepper
- 1 Tbsp. oregano
- 2 oz. reduced-fat shredded cheddar cheese
- 1 small red onion, coarsely chopped
- 1 tsp. cumin
- ½ tsp. salt



Heat oil in large pot. Cook onion, scallions, garlic and green peppers over medium-high heat until tender and slightly browned. Add turkey and stir frequently until meat is cooked. Add beans and tomatoes and gently mix thoroughly. Stir in chili powder, red and black pepper, cumin, oregano and salt. Bring to a boil, stirring occasionally. Cover and reduce heat to low. Simmer for 45 - 50 minutes, stirring occasionally. Top with raw red onion and cheese and serve. Chili can be made in advance, refrigerated and reheated. Makes 8 servings.

Nutritional information per serving

260 calories, 4.5 g total fat (1 g saturated fat), 24 g carbohydrate, 31 g protein, 10 g dietary fiber, 270 mg sodium.