

Turkey Chili

Packed with protein this chilli will fill you up and keep you warm on those cold winter nights

Prep time: 15 minutes

Cook time: 45 minutes

Makes: 8 servings

Ingredients:

- 1 ½ tsp. olive oil
- 1 lb ground turkey
- 1 onion, chopped
- ½ cup diced red and yellow bell peppers
- 2 cups water
- 1 can (28 ounce) crushed tomatoes
- 1 can (16 ounce) kidney beans
- 1 Tbs garlic, minced
- 2 Tbs chili powder
- ½ tsp paprika
- ½ tsp dried oregano
- ½ tsp salt
- ½ tsp ground black pepper



Directions:

1. Heat the oil in a large pot over medium heat. Place turkey in the pot, and cook until evenly brown. Stir in onion and peppers, and cook until tender.
2. Pour water into pot. Mix in tomatoes, kidney beans, and garlic. Season with chili powder, paprika, oregano, and salt and pepper. Bring to a boil. Reduce heat to low, cover, and simmer for 30 min.

Nutritional Information (per serving):

CALORIES: 185 | FAT: 6.1g | PROTEIN: 16.4g | CARBS: 18.8g | FIBER: 6.4g