

Brenda's Turkey Chili

Serves 6

- 1 pound lean ground turkey
- 2 cans low sodium corn, drained
- 2 cans dark kidney beans, drained and rinsed
- 1 (28-ounce) and 1 (8 ounce) can no salt added tomato sauce
- 2 teaspoons Chili powder and ½ teaspoon garlic powder (or to taste)
- ½ medium onion, chopped
- 1 medium green pepper, chopped
- 1 tablespoon olive or canola oil

1. In a large sauce pan, sauté onion and pepper in oil until tender. Set aside. In the same pan brown ground turkey until thoroughly cooked. Add onions and peppers to turkey. Add all other ingredients and bring to a boil.

2. Immediately lower heat and simmer for at least 30 minutes. Taste to adjust for seasonings.

Nutrition information: calories 365, fat 10g, saturated fat 2 g, sodium 310mg, carbohydrates 51, dietary fiber 9g, protein 22g

Recipe submitted by Brenda Swain



Healthy Tip

Chili is a hearty meal that can be served with salad for a complete meal. Make a large batch and freeze chili for a quick lunch or dinner. Chili served over a baked potato is another quick meal to try.

