

Speedy Weeknight Meal



Turkey Tomato Chili

Serves: 4 | Serving Size: 1 bowl

Ingredients:

2 teaspoons vegetable oil
1 onion, chopped
1/2 pound lean ground turkey breast, no skin
1 15-ounce can black beans, drained
1 15-ounce can no-salt-added diced tomatoes, with juice
1/2 teaspoon garlic powder
1/2 teaspoon chili powder
1/2 teaspoon cumin (optional)
1 teaspoon dried oregano leaves
1/3 cup water

Directions:

Heat the vegetable oil in a Dutch oven or large pan over medium-high heat.

Sauté the onion briefly and add the ground turkey. Cook until the turkey is no longer pink; then add the

rest of the ingredients.

Bring to a boil, then lower the heat and simmer for 10 minutes.

Serve hot.

Nutrition Information:

Serves 4. Each serving has 368 calories, 10 g fat, 2 g saturated fat, 0 g trans fat, 91 mg cholesterol, 123 mg sodium, 14 g carbohydrate, 5 g fiber, 4 g sugars, and 52 g protein.

Each serving also has 3% vitamin A, 11% vitamin C, 7% calcium and 16% iron.

Chef's Tips:

Choose lean ground turkey breast, then break it up well while it's cooking so that the pieces stay small in the final dish.

Serve this chili with pasta, rice, or a baked potato. Round out the meal with a large tossed salad.

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