## **Turkey Chili**

## **Ingredients:**

2 teaspoons olive oil

1 yellow onion, chopped

3 garlic cloves, minced

1 medium red bell pepper

1 pound extra lean ground turkey

4 tablespoons chili powder

2 teaspoons ground cumin

1 teaspoon dried oregano

1/4 teaspoon cayenne pepper

1/4 teaspoon salt

1 (28 oz.) can diced or crushed tomatoes

1 1/4 cups chicken broth

and drained

1 (15 oz.) can sweet corn, rinsed and drained

Source: www.ambitiouskitchen.com

## **Directions:**

- 1. Pour oil in large pot and place over medium high heat. Add in onion, garlic, and red pepper and sauté for 5 - 7 minutes, stirring frequently.
- 2. Add ground turkey and break up the meat, cooking until no longer pink.
- 3. Add chili powder, cumin, oregano, cayenne pepper, and salt; stir for about 20 seconds.
- 4. Add tomatoes, chicken broth, kidney beans, and corn. Bring to a boil, then reduce heat and simmer for 30 - 45 minutes or until chili thickens.
- 5. Taste and adjust seasoning if needed. Garnish with toppings.

## **Notes:**

To make in slow cooker: Reduce the chicken broth to 1/2 cup and brown the turkey and onions before adding to the slow cooker. Cook for 7 hours on low or 3 hours on high.

For more information, please contact:

Benteh Nuutah **Valley Native Primary Care Center** Wellness Center (907) 631-7630 southcentralfoundation.com

2 (15 oz.) cans dark red kidney beans, rinsed

Toppings: cheese, avocado, cilantro, sour

cream, or tortilla chips

Amount Per Se	rving		
Calories 40	0 Calor	ies from	Fat 12
		% Da	aily Value
Total Fat 13g			20%
Saturated Fat 2g			10%
Trans Fat	0g		
Cholesterol 45mg			15%
Sodium 620mg			26%
Total Carbohydrate 44g			15%
Dietary Fiber 13g			52%
Sugars 10	)g		
Protein 28g	3253		
Vitamin A 25	% • \	Vitamin (	80%
Calcium 10%	6 • I	ron 25%	ě
*Percent Daily V. diet. Your daily v depending on yo	alues may be	e higher or I	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

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