



Black Bean Chili

Ingredients

- 1 tbsp. olive oil
- 1 yellow onion, diced
- 4 cloves garlic, minced
- ½ lb. ground turkey
- 3 (15 oz.) cans black beans
- 1 (15 oz.) can diced tomatoes with green chiles
- 3 oz. tomato paste
- ½ tsp each, cumin, paprika, and oregano
- ¼ tsp salt

Servings: 6

Cost Per Serving: \$1.20



Instructions

1. Add onion and garlic to large pot with oil and cook 2-3 min, on medium-high heat
2. Add turkey and cook through (5-7 min.) and break up with spoon
3. Add beans, tomatoes, tomato paste and spices, stir to combine and simmer for 10 min.

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Nutritional Information

Calories per Serving: 210

Fat: 5 g

Protein: 15 g

Carbohydrates: 18 g

Fiber: 8 g



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