



Turkey Chili with Vegetables

SERVES: 6 PREP TIME: 15 min. COOK TIME: 65 min.

Ingredients:

1 medium onion
2 medium carrots
3 cloves garlic
1 large green bell pepper
1 (15½-ounce) can red or white kidney beans,
no salt added
1 Tablespoon canola oil
1 pound ground turkey
2 (14½-ounce) cans diced tomatoes, no salt
added
1 cup water
3 Tablespoons chili powder
1 Tablespoon ground cumin
¾ teaspoon salt

Directions:

1. Rinse and peel onion and carrots. Peel garlic.
2. Rinse bell pepper. Remove core and seeds.
3. Dice onion, carrots, and bell pepper. Mince garlic.
4. If using lime, rinse now. Cut into wedges.
5. In a colander, drain and rinse beans.
6. In a large pot over medium-high heat, heat oil. Add turkey and brown.
7. Add onion, carrots, bell pepper, and garlic to pot. Cook until onions are soft and carrots are somewhat tender, about 5 minutes.
8. Add beans, tomatoes, water, chili powder, and cumin to pot. Season with salt.
9. Lower heat to medium. Cook until all flavors have blended, about 15 minutes.