



APPETIZERS

Thick Turkey Chili

Makes 8 (1 cup) Servings

Ingredients

- 1 tsp. Canola oil
- 1 medium onion, diced
- 1 medium green bell pepper, diced
- 2 cloves garlic, minced (or ¼ tsp. garlic powder or 1 tsp. bottled pre-minced garlic)
- 1 Tbsp. chili powder
- 1 tsp. cumin
- 1/8 tsp. pepper
- 2 lbs. lean ground turkey breast or extra-lean ground beef
- 4 cups tomato sauce (reduced-sodium if available)
- 1 (6 oz.) can tomato paste

Directions

1. Heat oil in a large pot or saucepan over medium heat.
2. Sauté the onion, bell pepper and garlic until tender and onion is translucent.
3. Add the spices and cook for one minute.
4. Add turkey and cook for 5-7 minutes or until no longer pink.
5. Drain off any fat, set aside for proper disposal.
6. Add tomato sauce, and tomato paste. Simmer, covered for 20-30 minutes until flavors are blended and chili is thick.
7. Ladle into bowls and serve immediately.

Nutrition Facts

Calories: 220
Total Fat: 3.5 g
Saturated Fat: 0.5 g
Cholesterol: 55 mg
Sodium: 270 mg
Total Carbohydrate: 20 g
Dietary Fiber: 4 g
Sugars: 6 g
Protein: 30 g



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