

Easy Turkey Chili

Ingredients

1 can (14 oz) red kidney beans, reduced sodium, drained
1 packet chili seasoning; reduced sodium
1 can (15 oz) no-salt added tomato sauce
1 can (15 oz) reduced sodium diced tomatoes
1 1/2 Tbsp brown sugar
1/2 medium chopped onion
1 lb. lean ground turkey (99% fat free)



Preparation

Spray non-stick skillet with olive oil or canola oil spray. Brown ground turkey over medium high heat until cooked through. While meat is browning, add drained beans, can tomato sauce, can of diced tomatoes, chili seasoning, brown sugar, and chopped onion to large sauce pan and heat until bubbling, then simmer. Add meat to pan and allow to simmer. This recipe can also be prepared in a crock pot. While chili is simmering, prepare toppings such as shredded reduced fat cheese, reduced fat sour cream, jalapeno slices, fresh chopped onion, avocado, etc.

Yield: 4 servings

per serving: 330 Calories | 7g Fat | 31g Protein | 37g Carbohydrates | 5g Dietary Fiber | 730mg Sodium