

Hearty Turkey Chili

Serve with cornbread and salad for a classic satisfying meal.

Makes: 12 Servings

Prep Time: 10 mins
Cook Time: 30 mins

Source: USDA Soulful Recipes

Ingredients

- nonstick cooking spray
- 1 pound lean ground turkey
- 1 medium onion, chopped
- 1 green bell pepper, chopped
- 1 (28-ounce) can whole tomatoes
- 2 (15-ounce) cans kidney or pinto beans, drained and rinsed
- 1 (8-ounce) can tomato sauce
- 1 package chili seasoning
- 2 teaspoons ground black pepper

Directions

1. Spray a large skillet with nonstick cooking spray and heat over medium-high heat.
2. Brown ground turkey until no longer pink; drain excess fat.
3. Add onion and bell pepper and cook for 5 minutes.
4. Add remaining ingredients. Cover and cook for 20 minutes over low to medium heat. Serve while hot.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	176
Total Fat:	3 g
Saturated Fat:	1 g
Cholesterol:	25 mg
Sodium:	503 mg
Total Carbohydrates:	23 g
Dietary Fiber:	6 g
Total Sugars:	5 g
Added Sugars:	0 g
Protein	15 g

Utensils Needed

- Large skillet
- Sharp knife
- Cutting board
- Wooden spoon
- Measuring spoons
- Can opener

SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$9.73

Average cost/serving: \$0.81

Makes: 12 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add to cart
Lean Ground Turkey, 1 Pound



Add 2 to Cart
Kidney or Pinto Beans, 15 oz can



Add 1 to Cart
Medium Onion



Add 1 to Cart
Tomato Sauce, 8 oz can



Add 1 to Cart
Whole Green Pepper



Add 1 to Cart
Chili Seasoning Packet



Add 1 to Cart
Whole Tomatoes, 28 oz can

Save Time, Save Money

My Cooking Notes

Chef's Notes

- Consider making your own chili seasoning from dried herbs and seasonings already on hand to cut costs and reduce sodium.
- Decrease sodium content by choosing low-sodium beans or rinsing and draining beans.
- Have leftover bell pepper? Thoroughly dry it and place it in a freezer bag for use in other recipes such as soups and stews.