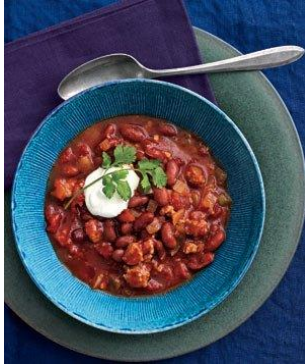


Turkey and Bean Chili



Serves 4

Hands-On Time: 15m

Total Time: 40m

Ingredients

1 tablespoon olive oil
1 onion, chopped
1 green bell pepper, chopped
2 cloves garlic, chopped
1/2 pound ground turkey (preferably dark meat)
2 tablespoons tomato paste
1 teaspoon ground cumin
1/2 teaspoon ground chipotle chili pepper or 2 teaspoons chili powder
1 28-ounce can diced tomatoes
2 15-ounce cans kidney beans, rinsed
kosher salt and black pepper
1/4 cup reduced-fat sour cream
cilantro sprigs, for serving

Directions

1. Heat the oil in a large saucepan over medium-high heat. Add the onion, bell pepper, and garlic. Cook, stirring occasionally, until tender, 4 to 6 minutes.
2. Add the turkey and cook, breaking up with a spoon, until no longer pink, 3 to 5 minutes.
3. Stir in the tomato paste, cumin, and chili pepper. Cook, stirring, for 1 minute.
4. Add the tomatoes and their juices, beans, 1/2 cup water, 1 1/4 teaspoons salt, and 1/4 teaspoon pepper. Bring to a boil.
5. Reduce heat and simmer, stirring occasionally, until slightly thickened, 12 to 15 minutes.
6. Serve the chili with the sour cream and cilantro.

Tip

The chili can be refrigerated for up to 3 days or frozen for up to 3 months.

Nutritional Information

Calories 337; Protein 22g; Carbohydrate 34g; Sugar 10g; Fiber 10g; Fat 12g; Sat Fat 3g; Calcium 134mg; Iron 4mg; Sodium 1317mg; Cholesterol 56mg