

TURKEY CHILLI



INGREDIENTS:

- 12 oz leftover turkey
OR ground turkey
- 1 Tbsp olive oil
- 1 15 oz can crushed tomatoes
- 1 6 oz can of tomato paste
- 1 15 oz can Kidney beans
- 1 cup corn
- 1 medium onion
- 4 Tbsp chili powder
- 2 tsp cumin
- 1 tsp salt

Optional: 1/2 tbsp smoked paprika

Optional: pinch of cayenne pepper

DIRECTIONS:

- 1) In a large pot heat up 1 Tbsp olive oil, sauté onion until translucent.
- 2) Add salt, spices, crushed tomatoes, tomato paste, and 4-6 cups of water. Mix well and bring mixture to a boil.
- 3) Add turkey and reduce temperature to a simmer. Simmer for 45 minutes-1 hour.
- 4) Add corn and beans, simmer for another 20-30 minutes.
- 5) Serve, top with your favorite ingredients, and enjoy!

Makes: 6 servings

1 serving: Calories: 285 | Protein: 23 gm | Carbs: 30 gm | Fat: 10 gm