

Black Bean Turkey Chili

(Yield: 6 servings)

Ingredients:

1 lb Ground turkey
3 Garlic cloves, minced
1/2 cup Chopped green pepper
1/2 cup Chopped onion
1 can (14.5 oz) Diced low sodium tomatoes
1 can (15 oz) Black beans, drained and rinsed
1 11-oz bag Frozen whole kernel corn
1 can (8 oz) Tomato sauce
1 can (6 oz) Tomato paste
1 Tbsp Chili powder
1 tsp Dried oregano
1/2 tsp Dried basil
1/4 tsp Black pepper



Preparation:

1. In a 3-quart saucepan over medium heat, cook turkey until it is no longer pink. Drain off the fat. Add garlic, bell pepper and onion. 2. Sautee until tender.
3. Add 1/2 cup water, beans, tomatoes, corn, tomato sauce, tomato paste and all of the spices. Bring to a boil then reduce the heat and simmer covered for 30 minutes.

Nutrition information (per serving):

Calories: 325 kcals
Total fat: 10.5g
Protein: 27g
Sodium: 706mg
Carbohydrate: 35g
Fiber: 9g