



Turkey Chili with Beans and Corn

Prep: 15 minutes | Cook: 45 minutes | Total: 60 minutes

Yield: 8 servings | Serving Size: 1 cup

Ingredients

- 1 tablespoon olive oil
- 2 large onions, diced (about 3 cups)
- 2 large bell pepper, diced (about 3 cups)
- 1 pound (16 ounces) lean ground turkey (90% lean or higher)
- 3-6 cloves garlic, minced (about 1 tablespoon)
- 3-4 tablespoons chili powder, to taste
- 1-2 tablespoons smoked paprika, to taste
- 2-4 tablespoons cumin, to taste
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 (28-ounce) can no-salt-added crushed tomatoes
- 2 (15-ounce) cans no-salt-added beans (one type or a combination; e.g. kidney beans, black beans, pinto beans), drained and rinsed
- 1 (11-ounce) bag frozen corn

Directions

1. Heat a large pot or Dutch oven over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onions and bell pepper. Cook, stirring often, for 2 minutes.
4. Add the ground turkey. Cook until the turkey is no longer pink, about 7-10 minutes, breaking it up into crumbles as it cooks.
5. Add the garlic, chili powder, smoked paprika, cumin, salt, and pepper. Cook, stirring constantly, until fragrant, about 1-2 minutes.
6. Add the tomatoes with their juice.
7. Reduce the heat to medium-low and simmer for 25-30 minutes.
8. Add the beans and corn. Stir to combine and cook until the corn is thawed, about 2-4 minutes.
9. Serve warm.

**Nutrition Facts Per Serving: Calories: 345 | Total Fat: 8.5 g | Saturated Fat: 1.5 g
Sodium: 250 mg | Total Carbohydrate: 47 g | Dietary Fiber: 14 g | Protein: 23.5 g**

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs