

## **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