

Healthy Turkey Chili

- 500 gms of lean ground turkey meat
- 1 Tbsp of olive oil
- 1 cup of low sodium chicken broth
- 1 large can of tomatoes, chopped
- 1 large can of tomato sauce
- 1 large red onion,, chopped finely
- 2 garlic cloves, chopped finely
- 1 large green pepper, seeded and chopped coarsely
- 2 celery stalks, chopped loosely (for flavour)
- 3 carrots, chopped loosely (for flavour)
- 1 large can of kidney beans, drained and rinsed well
- 1-2 large bay leaves (for flavour)
- 1 tsp of cumin
- 1 tsp of cayenne pepper
- 1 Tbsp of crushed red chilies
- 1 Tbsp of Oregano
- 1 Tbsp of butter
- 1/3 cup of scallions
- Salt and pepper to taste



1. In a large pot, heat the oil on medium high. Saute the onions and garlic until onions are translucent. Add the turkey meat and brown all over.
2. Remove from the fire, and drain the excess fat. Return to the stovetop and reduce heat to medium. Add chicken broth and let simmer for a few minutes.
3. Add both cans of tomatoes, the green pepper, the celery & the carrots. Bring to a boil.
4. Add all the spices and mix well. Reduce heat to medium-low and cook for about 20 minutes.
5. Add kidney beans and continue to simmer on medium low for about 45 minutes.
6. Remove from heat and let stand for five minutes. Remove and discard the bay leaves, the celery and the carrots.
7. Add butter and mix well.
8. Serve with lowfat sour cream, scallions and crusty bread.

Makes four (8) servings: Per serving*:

185 cal

8.1 grams of fat

4.2 grams of fibre

16.4 grams of protein

*Nutritional information provided by <http://recipes.sparkpeople.com/recipe-calculator.asp>.