

Turkey Chili



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Ingredients

Yield: 12

- 2 lbs lean ground turkey
- One (29 ounce) can tomato sauce
- One (29 ounce) can kidney beans (with liquid)
- One (29 ounce) can pinto beans (with liquid)
- One (4 ounce) can diced green chilis
- 2 small cans of diced tomatoes (with liquid)
- $\frac{3}{4}$ c bird's eye blend frozen onion, bell pepper and celery
- 2 tsp cumin powder
- 3 tbsp of chili powder
- 1 $\frac{1}{2}$ tsp black pepper
- 2 tsp sea salt
- 2 c water

Directions

1. Brown and chop meat in skillet over medium heat and then drain.
2. In large pot combine turkey with remaining ingredients and bring to a simmer. Cook for 2-3 hours.

Tip: Great crock pot recipe

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1 cup	171	1.3g	9g	28g	800 mg

Carbohydrate Exchanges: 2