

Turkey Chili

Try this recipe for a tasty, healthy meal in less time.

Makes: 8 servings

Prep Time: 10 minutes

Cook Time: 5-8 hours (in a slow cooker)

Source:

https://health.gov/sites/default/files/2019-09/DGA_Workshops_Complete.pdf

Ingredients

- 1¼ pounds lean ground turkey
- 1 (15-oz.) can low-sodium black beans, rinsed and drained
- 1 large onion, chopped
- 1 (8-oz.) can no-salt added tomato sauce
- 1 garlic clove, minced
- 1 green bell pepper, chopped
- 1 (28-oz.) can low-sodium crushed tomatoes
- 1 (1.25-oz.) package low-sodium chili seasoning mix
- 1½ cups frozen corn kernels
- ½ teaspoon salt
- 1 red bell pepper, chopped

Toppings:

- fat-free or reduced fat shredded cheese
- finely chopped red onion

Directions

1. Cook first 3 ingredients in a large skillet over medium-high heat, stirring until turkey crumbles and is no longer pink; drain.
2. Spoon mixture into a slow cooker; stir in corn and next 7 ingredients until well blended.
3. Cook at HIGH 4 to 5 hours or at LOW 6 to 8 hours.
4. Serve with desired toppings.



Small Changes, BIG Difference!

Click image to watch the recipe video
or visit snapedny.org



Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	431
Total Fat:	12.2g
Saturated Fat:	3.6g
Cholesterol:	111mg
Sodium:	445mg
Total Carbohydrates:	42.8g
Dietary Fiber:	9.6g
Total Sugars:	10.8g
Added Sugars:	0g
Protein	40g

Utensils Needed

- knife
- cutting board
- bowls
- spoons
- measuring cups
- container with lid

SHOPPING LIST

Average total cost without oil and seasonings: \$16.66

Average cost/serving: \$2.77

Recipe Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
1 1/4 pounds lean ground turkey



Add 1 to Cart
15 oz. can low-sodium black beans



Add 1 to Cart
Large onion



Add 1 to Cart
8 oz. can no-salt added tomato sauce



Add 1 to Cart
Garlic



Add 1 to Cart
Green bell pepper



Add 1 to Cart
28 oz. can low-sodium crushed tomatoes



Add 1 to Cart
1.25 oz. package low-sodium chili seasoning mix



Add 1 to Cart
Frozen corn kernels



Add 1 to Cart
Red bell pepper

SAVE TIME, SAVE MONEY

Chef's Notes

- Fill a few bell peppers with the chili and bake, in order to make easy stuffed peppers.
- Make an easy casserole by combining cooked whole wheat pasta shells with chili.
- Make a quick and easy taco salad by topping lettuce with chili, diced tomatoes, and shredded cheese.
- Read the Nutrition Facts label to look for crushed tomatoes and chili seasoning mixes that are lower in sodium.

***For tips on using a slow cooker, visit:**

https://health.gov/sites/default/files/2019-09/DGA_Workshops_Complete.pdf

My Cooking Notes