



## Hearty & Healthy Turkey Chili

**Prep: 20 minutes**

**Cook: 40 minutes • Serves: 12**

- 2 tablespoons olive oil
  - 2 green or red bell peppers, chopped
  - 2 medium celery stalks, chopped
  - 2 medium yellow onions, chopped
  - 4 garlic cloves, minced
  - ¼ cup chili powder
  - 4 teaspoons minced jalapeño pepper
  - 1 teaspoon ground cumin
  - 1 teaspoon ground red pepper
  - 3 pounds 93% lean ground turkey
  - 1 can (6 ounces) tomato paste
  - 1 can (28 ounces) crushed tomatoes
  - 2 cups less-sodium chicken broth
  - 1 can (15.5 ounces) no salt added cannellini beans, drained and rinsed
  - 1 can (15.5 ounces) no salt added red kidney beans, drained and rinsed
  - ¼ cup chopped fresh cilantro
- Optional garnishes: sour cream or plain Greek yogurt, shredded Cheddar cheese

**1.** In large saucepot, heat oil over medium heat. Add bell peppers, celery and onions; cook 8 minutes or until vegetables begin to soften, stirring frequently. Stir in garlic, chili powder, jalapeño, cumin and ground red pepper; cook 1 minute.

**2.** Increase heat to medium-high. Add turkey and cook 8 minutes or until browned, breaking up meat with side of wooden spoon. Stir in tomato paste; cook 1 minute. Stir in tomatoes and broth; heat to simmering. Reduce heat to medium-low; cover and cook 10 minutes, stirring occasionally. Stir in beans and cilantro; cook 5 minutes. Serve chili topped with sour cream and/or cheese, if desired. Makes about 16 cups.

*Approximate nutritional values per serving (1⅓ cups):  
319 Calories, 13g Fat (3g Saturated), 88mg Cholesterol,  
445mg Sodium, 24g Carbohydrates, 7g Fiber, 7g Sugars,  
0g Added Sugars, 30g Protein*