

Turkey Chili Con Carne

Ingredients:

16 ounces kidney beans, canned
 1 pound ground turkey
 1/2 onion
 1 green pepper
 1/4 teaspoon garlic powder
 15 ounces low sodium tomatoes, canned, diced
 8 ounces tomato paste
 1 cup water
 3 tablespoons chili powder
 1 teaspoon cumin

Equipment:

Cutting Board
 Knife
 Colander
 Can opener
 Non-stick skillet
 Liquid measuring cup
 Measuring spoon

Number of Servings: 6
 Prep Time: 15 minutes
 Total Time: 30 minutes

Directions

1. Open beans and pour into colander. Rinse under cool water to remove sodium. Allow to drain.
2. Heat skillet to medium. Place ground turkey in skillet and use a spatula to break turkey into small pieces as it browns. Keep on stirring and breaking into small pieces until it is no longer pink. Once it is done, put browned turkey on a plate covered with several layers of paper towels to absorb fat. Drain fat and return to stove.
3. While turkey is cooking, cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces. While turkey is draining, add onions to skillet.
4. Wash a green pepper and, hold it by the top with the bottom sitting on a cutting board. Slice down one side, cutting between the spines where the white membranes are. Turn the pepper to the next side, and slice off the next side between the spines. Keep turning until you have a skeleton. This piece can be thrown away. Take the sides you have created and slice them apart, then dice the slices. Add to skillet with onion.
5. When onion is tender, add garlic powder, tomatoes, tomato paste, chili powder and cumin to skillet. Bring to a boil. Reduce heat and simmer, 15 minutes. Serve over rice or whole wheat bread.

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Nutrition Facts

Serving Size: 1 1/2 cup chili			
Servings: 6			
Amount Per Serving			
Calories 240	Calories from Fat 72		
%Daily Value*			
Total Fat 8g			12%
Saturated Fat 2g			9%
Cholesterol 60mg			20%
Sodium 679mg			28%
Total Carbohydrate 26g			9%
Dietary Fiber 7g			27%
Protein 20g			40%
Vitamin A 56%	Vitamin C 78%		
Iron 21%	Calcium 8%		
*Percent Daily Values are based on a 2,000 calorie diet.			

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