

Eat Smart • Move More

Quick Chili Con Carne

Prep Time: 10 minutes

Total Time: 30 minutes



Ingredients

- 1 pound lean ground turkey
- 1 onion, diced
- 1 bell pepper, diced
- 16 ounces canned low-sodium diced tomatoes
- 16 ounces canned low-sodium kidney beans, drained and rinsed
- 8 ounces low-sodium tomato puree
- 1 cup water
- 2 tablespoons chili powder
- 1 teaspoon cumin
- 1/8 teaspoon garlic powder

Directions

- Heat a skillet to medium heat. Add ground turkey and cook until brown.
- Add onion and pepper to the skillet and cook until tender, about 3-4 minutes.
- Add tomatoes, beans, tomato puree, water, chili powder, cumin, and garlic powder to the skillet. Bring to a boil, cover, and reduce heat. Cook for 15 minutes. Serve hot.

Nutrition Facts

4 servings per container	
Serving size	1 serving (517.74g)
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 440mg	19%
Total Carbohydrate 35g	13%
Dietary Fiber 10g	36%
Total Sugars 12g	
Includes g of Added Sugars	
Protein 30g	
Vitamin D 0mcg	2%
Calcium 114mg	8%
Iron 5mg	30%
Potassium 965mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Bell peppers can be found in a variety of colors. Green bell peppers generally cost less than red, yellow, or orange bell peppers.
- ▶ This dish can be garnished with green onions, parsley, or reduced fat cheese or served with a side of cornbread.

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(Recipe adapted from: <http://allrecipes.com>.)

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