

Eat Smart • Move More

Turkey Lentil Chili

Prep Time: 15 minutes

Total Time: 45 minutes



Ingredients

- ½ pound lean ground turkey
- 1 onion, chopped
- 29 ounces canned low-sodium diced tomatoes
- 3 cups water
- 1 cup lentils
- 1 tablespoon chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon garlic powder

Nutrition Facts

4 servings per container		
Serving size		1 serving
		(510.27g)
Amount per serving		
Calories		310
		% Daily Value*
Total Fat	6g	8%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	40mg	13%
Sodium	180mg	8%
Total Carbohydrate	44g	16%
Dietary Fiber	9g	32%
Total Sugars	9g	
Includes g of Added Sugars		
Protein	25g	
Vitamin D	0mcg	0%
Calcium	81mg	6%
Iron	5mg	25%
Potassium	532mg	10%

*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.

Directions

- Heat skillet to medium heat. Place ground turkey in a skillet and cook until brown.
- Add onion to skillet and cook until translucent.
- When onions are tender, add tomatoes, water, lentils, chili powder, cumin, and garlic powder. Simmer for 30 minutes until lentils are soft and flavors are blended.
- Serve hot. Top with your favorite chili toppings, such as green onions, herbs, or cheese.

Quick Tips

- ▶ Serve alongside our Double Cornbread recipe!
- ▶ ⅓ teaspoon of garlic powder is equivalent to 1 garlic clove.
- ▶ Include bell peppers, carrots, celery, or zucchini to add color and more vegetables to the dish.

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(Recipe adapted from: <https://whatscooking.fns.usda.gov/>)

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