

# 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

### Directions

- Heat a skillet to medium heat. Place ground turkey in the skillet and cook until browned.
- Add an onion to the 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.

### Nutrition Facts

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

\*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

- ▶ 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.

### Follow us | Like us



[www.eatsmartmovemoreva.org](http://www.eatsmartmovemoreva.org)

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)



Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

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

[www.eatsmartmovemoreva.org](http://www.eatsmartmovemoreva.org)