

Turkey Lentil Chili

Prep Time: 15 Minutes

Total Time: 45 Minutes



Ingredients

- 8 ounces lean ground turkey
- 1 onion(s), chopped
- 2 pounds canned diced tomatoes, low-sodium
- 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	(550g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 420mg	18%
Total Carbohydrate 25g	9%
Dietary Fiber 8g	29%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 3mg	15%
Potassium 867mg	20%

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

Directions

- Wash hands.
- Heat skillet to medium heat. Place ground turkey in the skillet and cook until browned.
- Add chopped onion to the skillet and cook until soft and 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 favorite chili toppings, such as green onions, herbs, or cheese.
- To prepare in a slow cooker**, place turkey/onion mixture in slow cooker. Add tomatoes, lentils, chili powder, cumin, and garlic powder. Cook on high for 2-3 hours or on low for 4-5 hours, or until lentils are tender.

Quick Tips

- ▶ Serve alongside our Double Cornbread recipe!
- ▶ 1/8 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/>)