

The Best Healthy Turkey Chili

Serving size: 1 1/2 cups; makes 6 servings

Prep time: 10 minutes

Cook Time: 45 minutes

Total time: 55 minutes

Ingredients



- 2 teaspoons olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 medium red bell pepper, chopped
- 1 pound extra lean ground turkey or chicken (99%)
- 4 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt, plus more to taste
- 1 (28-ounce) can diced tomatoes or crushed tomatoes
- 1 1/4 cups chicken broth
- 2 (15 oz) cans dark red kidney beans, rinsed and drained

Preparation

1. Place oil in a large pot and place over medium high heat. Add in onion, garlic and red pepper and saute for 5-7 minutes, stirring frequently. Next add in ground turkey and break up the meat; cooking until no longer pink. Next add in chili powder, cumin, oregano, cayenne pepper and salt; stir for about 20 seconds.
2. Next add in tomatoes, chicken broth, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together. Taste and adjust seasonings and salt as necessary. Garnish with anything you'd like and your favorite topping.

Nutritional Facts:

Serves: 6 servings
Calories: 336
Fat: 3.7g
Carbohydrates: 46.7g
Sugar: 9.5g
Fiber: 17.4g
Protein: 31.8g

Adjusted from: <https://www.ambitiouskitchen.com>