



TURKEY CHILI



6 SERVINGS

CALS - 561 CARBS - 45g PRO - 38g FAT - 24g

INGREDIENTS

2lbs ground turkey meat
3 cups chicken broth (fat free)
2 cans kidney beans (15.5 oz) - drained
2 cans diced tomatoes (14.5 oz) - drained
1 can tomato paste (6 oz)
1 cup chopped red onion
3 chopped raw jalapenos
1 chopped raw green bell pepper
1 bag frozen corn
"Everything Goes" (Pioneer Woman) seasoning
1T fat free sour cream

DIRECTIONS

1. Cook 2lbs ground turkey meat on medium-high heat until brown
2. Drain cooked turkey meat
3. Chop vegetables (jalapenos, green bell pepper, red onion)
4. Add the following to your cooked turkey meat: jalapenos, green bell pepper, red onion, chicken broth, kidney beans, diced tomatoes, & tomato paste
5. Stir & simmer on medium heat for 10-15 minutes
6. Add/mix in seasoning of choice
7. Stir and serve with 1T fat free sour cream (optional)