

## Black Bean Turkey Chili

# EASY | RECIPE

1½ lb ground turkey breast  
1 tbsp olive oil  
1 cup red onion, diced  
2 cups bell pepper  
(red, green or both), diced  
3 tbsp jalapeno pepper (cored  
and seeded), finely minced  
2 tsp minced garlic  
1½ tsp chili powder

1½ tsp dried oregano  
1½ tsp ground cumin  
½ tsp red pepper flakes  
2 cups ripe tomatoes, chopped  
14 oz can low-sodium tomato sauce  
1 cup low-sodium chicken broth  
1 tbsp red wine vinegar  
30 oz can black beans, drained

- 1] Saute ground turkey in large nonstick soup pot over medium heat until lightly browned; remove from skillet and set aside.
- 2] Heat olive oil in skillet; add onion, peppers and jalapeno and saute until veggies are soft. Add garlic and seasonings and saute about 2 minutes.
- 3] Stir in remaining ingredients and turkey; simmer for at least 30 minutes.  
Garnish options: chopped avocado, light sour cream or grated jack cheese.



### MAKES 10 CUPS. Per cup:

164 calories | 20g protein | 2.6g fat | 0.5g sat fat | 33mg cholesterol | 16g carbs  
| 2.7g sugar | 4g fiber | 146mg sodium