

# Crowd-pleasing Turkey Chili



Nutrition Information Valeur nutritive	
per 1 serving	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 185</b>	
<b>Fat / Lipides 5 g</b>	<b>8%</b>
Saturated / saturés 1 g + Trans / trans	
<b>Cholesterol / Cholestérol 49 mg</b>	
<b>Sodium / Sodium 325 mg</b>	<b>14%</b>
<b>Carbohydrates / Glucides 19 g</b>	
Fiber / Fibres 6 g	23%
Sugars / Sucres 6 g	
<b>Protein Protéines 16 g</b>	
Vitamin A / Vitamine A 9%	
Vitamin C / Vitamine C 48%	
Calcium / Calcium 10%	
Iron / Fer 21%	

This must-try chili is so versatile. It can be enjoyed on its own or transformed into other dishes. Just one jalapeño pepper adds some heat to this recipe. Be sure to wash your hands well before and after making it.

## Ingredients

1 pkg	lean ground turkey	500 g
2 tsp	canola oil	10 mL
1	onion, finely chopped	1
1	green pepper, chopped	1
4	cloves garlic, minced	4
1 tbsp	chili powder	15 mL
2 tsp	dried oregano	10 mL
1 tsp	ground cumin	5 mL
1	can (796 mL/28 oz) diced tomatoes , no salt added	1
1	can (540 mL/19 oz) red kidney beans, drained and rinsed	1
1/2 cup	no salt added vegetable broth or water	125 mL
1/4 cup	tomato paste	60 mL
1	jalapeño pepper, seeded and minced (optional)	1
2	bay leaves (optional)	2

## Tips

Cook up a big batch of chili and freeze into meal-sized portions. Perfect for those hectic days.

Get creative and use the chili for burritos, tacos, pasta sauce, baked potatoes or to top salads

## Instructions (Makes 8 servings, Prep. Time 10 minutes, Cooking Time 30 minutes)

### Step 1

In a large saucepan, brown turkey, breaking up with spoon. Drain using a colander and set aside. Return the empty pot to medium heat. Add oil and cook onion, green pepper, garlic, chili powder, oregano and cumin for about 3 minutes or until softened.

### Step 2

Stir in turkey and jalapeño pepper and cook, stirring for 1 minute.

### Step 3

Add tomatoes, beans, broth, tomato paste and bay leaves. Bring to a boil; reduce heat, cover slightly and simmer, stirring occasionally for about 20 minutes or until thickened. Remove bay leaves before serving.