COLORFUL TURKEY CHILI

**Serves: 4-6**

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| Yum! Turkey chili is a dish that is easy to make, keeps and freezes very well, and is very healthy.  Serve with cornbread for a family dinner. | **Cost Per Recipe**  **Cost Per Person** | **Time Required**  Prep: 20mins  Cook: 40mins |  |

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| **Ingredients** | **Procedure** |
| Chili:   * 1 tablespoon canola oil * 1 pound ground turkey breast * 1 medium red onion, chopped * 1 medium green pepper, chopped * ½ bag frozen sweet corn * 1 (28-ounce) can diced tomatoes * 1 cup low-sodium chicken stock * 2 teaspoons chili powder, or to taste * 1 teaspoon salt * 1/8 teaspoon cayenne red pepper, or to taste * 1/8 teaspoon paprika * Hot sauce, to taste (optional) * 1 (15-ounce) can black beans, drained and rinsed * 1 (15-ounce) can red kidney beans, drained and rinsed   All of this can be bought at Aldi / Shop n Save / Schnucks | 1. In a large saucepan, heat canola oil over medium-high heat. Add ground turkey, onion and pepper, stirring often until meat is browned and onion is tender, 7 to 10 minutes. 2. Stir in frozen corn, whole can of diced tomatoes, chicken stock, chili powder, salt, cayenne, paprika and hot sauce. Bring to a simmer. Cover and cook for at least 30 minutes, stirring occasionally. 3. Stir in the beans and cook another five minutes to heat thoroughly. |

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| **Other Thoughts / Variations on the Recipe / Nutrition Information** |
| Focus participants on   * Using ground turkey breast instead of ground beef reduces the saturated fat content of this dish. * Beans are high in fiber and protein and will keep you full for a long time. * It’s important to rinse canned beans, because canned foods are very high in sodium. Draining and rinsing them at least reduces some of the salt. |