

Turkey and Veggie Chili

Serving Size: 1 Cup | Makes 8 Servings

Ingredients:

- Cooking spray
- 1 small onion, diced
- 2 medium carrots, diced
- 1 medium zucchini (6 oz), diced
- 1 clove garlic, minced
- 16 oz lean ground turkey
- 1 (14.5 oz) can no salt-added diced tomatoes
- 1 (28 oz) can no salt-added crushed tomatoes
- 1 (15.8 oz) can great Northern beans, rinsed and drained
- 1 (15.25 oz) can no salt-added kidney beans, rinsed and drained
- ½ tsp ground black pepper
- 1 Tbsp chili powder
- 1 tsp cumin
- 1 tsp garlic powder

Directions:

1. Spray a large soup pot with cooking spray.
2. Add the onions, carrots, and zucchini, and sauté over medium-high heat for 3-4 minutes or until the onions turn clear.
3. Add the garlic and sauté 30 more seconds.
4. Add the ground turkey and cook until brown.
5. Add the remaining ingredients; mix well and bring the chili to a boil.
6. Reduce the heat and simmer for 15-20 minutes.

Quick Tip:

- This recipe goes well with Jalapeño Corn Muffins

Nutrition Facts:

- Calories: 235
- Carbohydrate: 27 g
- Protein: 20 g
- Fat: 5 g
- Saturated Fat: 1.4 g
- Sugars: 8 g
- Dietary Fiber: 8 g
- Cholesterol: 45 mg
- Sodium: 170 mg
- Potassium: 935 mg