

Chili

INGREDIENTS:

- 1 ½ lb lean ground turkey
- 1 T canola oil
- 2 large onions, chopped
- 3 cloves garlic, minced
- 16 oz no salt added tomato sauce
- 1 ½ C water
- 3 T chili powder
- 1/8 t cayenne pepper, or to taste
- 1 t ground cumin
- 1 T fresh oregano or 1 teaspoon dried oregano
- fresh ground pepper to taste
- ½ t salt (optional)
- 15 oz canned pinto beans, rinsed and drained
- 2 T cornstarch
- ¼ C cold water

DIRECTIONS:

Heat a non-stick skillet over medium high heat. Add ground turkey and sauté, stirring occasionally, 4 to 5 minutes or until meat is no longer pink. Pour contents of pan into a strainer or colander lined with paper towels. Allow fat and liquid to drain out. In a large saucepan or Dutch oven, heat oil over medium – high heat. Add onions and sauté 2-3 minutes or until translucent. Add meat, garlic, tomato sauce and 1 ½ cups water. Simmer 20 minutes. Stir in chili powder, cayenne pepper, cumin, oregano, pepper, salt and pinto beans. Allow to simmer an additional 30-40 minutes. Combine cornstarch and cold water. Stir into chili mixture to thicken and cook an additional 4 minutes. Serve hot.

Makes 4 servings.
Calories: 335/serving

NUTRITIONAL INFORMATION PER SERVING:

26g protein
26g carbohydrates
13g fat
586mg sodium
90mg cholesterol
9g fiber