



Turkey Chili

Ingredients

- 16 oz ground turkey
- 2 large bell peppers
- 1 red onion
- 2 cans (10 oz) Rotel Diced Tomatoes & Green Chilies
- 1 can (15 oz) Hunts Tomato Sauce
- 1 large can (28 oz) red kidney beans, rinsed
- 1 packet McCormick Chili Seasoning
- ¼ tsp of cayenne pepper or to taste
- ¼ tsp cumin

Directions

1. Lightly brown the ground turkey in a sauté pan, set aside when done.
2. Put drained kidney beans in a clean, empty Pyrex dish.
3. Layer tomatoes on top of kidney beans, add cumin and cayenne to taste.
4. Layer the ground turkey, pepper, and onions and peppers in alternating layers until you run out.
5. Top with chili seasoning and hunts tomato sauce.
6. Cook covered on 300 Degrees Fahrenheit for 3 hours, stirring at the halfway point.

Healthy Tip: Rise canned beans to reduce sodium!

Calories 583

Total Fat 77 g

Saturated Fat 4 g

Cholesterol 95 mg

Sodium 1701 mg

Total Carbohydrate 290 g

Dietary Fiber 22 g

Sugars 25 g

Protein 116 g