

[Learn more about nutrition with the free EatFresh.org Mini Course! Start or continue now >](#)

## Turkey Chili

**Ready In:** 40 minutes

**Serves:** 12

Serve with cornbread and salad for a hearty meal.

### Ingredients

- » 1 pound Ground Turkey *Lean*
- » 1 Onion *Medium, chopped*
- » 1 Green Bell Pepper *chopped*
- » 28 ounces Tomatoes *equivalent to one 28-oz can*
- » 29 ounces Kidney Beans *equivalent to two 14.5 oz cans, drained and rinsed*
- » 8 ounces Tomato Sauce
- » 1 Package Chili Seasoning
- » 2 teaspoons Black Pepper

### What you'll need

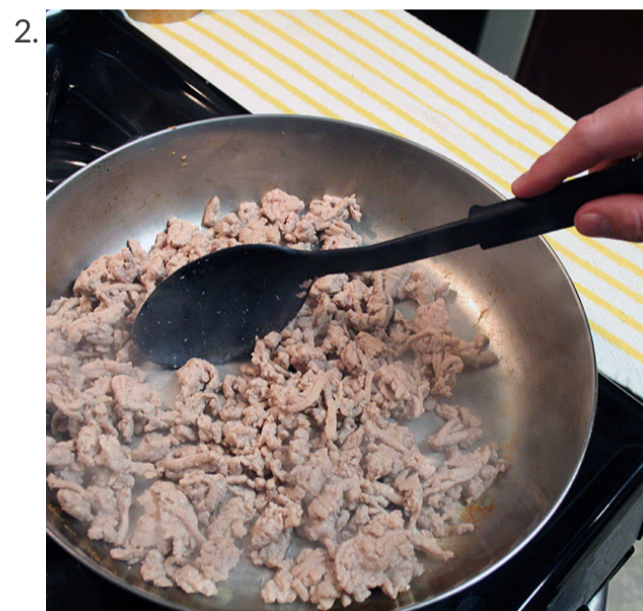
- » Large skillet
- » Can opener
- » Sharp knife
- » Strainer
- » Cutting board
- » Measuring spoons
- » Stovetop



### Directions



Spray a large skillet with nonstick cooking spray and heat over medium-high heat.



Brown ground turkey until no longer pink; drain excess fat.



Add onion and bell pepper and cook for 5 minutes.



Add remaining ingredients. Cover and cook for 20 minutes over low to medium heat. Serve while hot.

**Nutrition Facts**

Serving Size 1.00 cup

Serving Per Container 12

Amount Per Serving

**Calories 176****% Daily Value\*****Total Fat 3 g** 4%

Saturated Fat 1 g 5%

**Sodium 503 mg** 22%**Total Carbohydrate 23 g** 8%

Dietary Fiber 6 g 21%

**Protein 15 g**

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: