

# Crowd-pleasing Turkey Chili



500g lean ground turkey  
2 tsp (10 mL) canola oil  
1 onion, finely chopped  
1 green pepper, chopped  
4 cloves garlic, minced  
1 Tbsp (15 mL) chili powder  
2 tsp (10 mL) dried oregano  
1 tsp (5mL) ground cumin  
1 jalapeño pepper, seeded and minced  
1 can (796 mL) diced tomatoes  
1 can (540 mL) red kidney beans, drained and rinsed  
1/2 cup (125 mL) low sodium vegetable broth  
1/4 cup (60mL) tomato paste  
2 bay leaves

## Instructions

1. In a large saucepan, brown turkey, breaking up with spoon. Drain using a colander and set aside. Return the empty pot to medium heat. Add oil and cook onion, green pepper, garlic, chili powder, oregano and cumin for about 3 minutes or until softened.

2. Stir in turkey and jalapeño pepper and cook, stirring for 1 minute. Add tomatoes, beans, broth, tomato paste and bay leaves. Bring to a boil; reduce heat, cover slightly and simmer, stirring occasionally for about 20 minutes or until thickened. Remove bay leaves before serving.

**Recipe Makes:** 8 servings

**Prep Time:** 10 minutes

**Cooking Time:** 30 minutes

**Tips** Cook up a big batch of chili and freeze into meal-sized portions. Perfect for those hectic days. Get creative and use the chili for burritos, tacos, or to top salads.

Nutrition Information	
Valeur nutritive	
per 1 serving	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 185	
<b>Fat / Lipides</b> 5 g	<b>8%</b>
Saturated / saturés 1 g + Trans / trans	
<b>Cholesterol / Cholestérol</b> 49 mg	
<b>Sodium / Sodium</b> 325 mg	<b>14%</b>
<b>Carbohydrates / Glucides</b> 19 g	<b>6%</b>
Fiber / Fibres 6 g <b>23%</b>	
Sugars / Sucres 6 g	
<b>Protein Protéines</b> 16 g	
Vitamin A / Vitamine A	9%
Vitamin C / Vitamine C	48%
Calcium / Calcium	10%
Iron / Fer	21%