



SIMPLE TURKEY CHILI

Intermediate Lifestyle

INGREDIENTS

1 ½ TSP olive oil	2 TBS chili powder
1 pound ground turkey	½ TSP paprika
1 onion, chopped	½ TSP dried oregano
2 cups water	½ TSP ground cayenne pepper
1 (28 ounce) can canned crushed tomatoes	½ TSP ground cumin
1 (16 ounce) can canned kidney beans - drained, rinsed, and mashed	½ TSP salt
1 TBS garlic, minced	½ TSP ground black pepper

INSTRUCTIONS

—Heat the oil in a large pot over medium heat. Place turkey in the pot, and cook until evenly brown. Stir in onion, and cook until tender.

—Pour water into the pot. Mix in tomatoes, kidney beans, and garlic. Season chili powder, paprika, oregano, cayenne pepper, cumin, salt, and pepper. Bring to a boil. Reduce heat to low, cover, and simmer 30 minutes.

SERVING INFO: (Yields 8 servings):

1 1/2 cups = 1 P, 1 V

Recipe photo at [Instagram](#) and [Facebook](#).