



SIMPLE TURKEY CHILI

Intermediate Lifestyle

INGREDIENTS

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

See photo of recipe at [Instagram](#) and [Facebook](#).