

Easy Turkey Chili

Recipe from: everydaydiabeticrecipes.com

Ingredients:

- 1 pound ground turkey breast
- 1 onion, chopped
- 1 green bell pepper, chopped
- 1/2 teaspoon minced garlic
- 3 (16-ounce) cans navy beans, no-salt-added rinsed and drained
- 2 (14-1/2-ounce) cans whole tomatoes, no-salt-added, coarsely chopped
- 1 cup salsa
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1 teaspoon black pepper

Directions:

1. Coat a large saucepan with cooking spray. Add turkey, onion, bell pepper, and garlic. Cook over medium-high heat 5 to 7 minutes, or until no pink remains in turkey, stirring occasionally to break it up.
2. Add remaining ingredients. Bring to a boil, stirring occasionally. Reduce heat to low; cover and simmer an additional 20 minutes.

Nutritional Info:

Servings Per Recipe: 6

- Calories 166
- Calories from Fat 56
- Total Fat 6.3g 10 %
- Saturated Fat 1.6g 8 %
- Trans Fat 0.1g 0 %
- Protein 17g 34 %
- Cholesterol 52mg 17 %
- Sodium 787mg 33 %
- Total Carbohydrates 12g 4 %
- Dietary Fiber 4.2g 17 %
- Sugars 6.6g 0 %