

# Eat Smart!

# K-STATE

Research and Extension

Wildcat District

## Southwest Chili

### Ingredients:

- 1 pound (16 oz) ground turkey
- 2 cups low sodium chicken stock
- 15 oz canned black beans, rinsed & drained
- 28 oz crushed tomatoes
- 3 medium sweet potatoes, diced
- 2 Tbsp chili powder
- 4 tsp cumin
- 1 Tbsp onion powder
- 1 tsp garlic powder
- ¼ tsp salt
- Optional: ½ tsp chipotle powder



**Suggested toppings:** green onions, reduced-fat shredded cheddar cheese

### Directions:

1. Brown ground turkey with ½ tsp each garlic powder, onion powder, black pepper and ¼ tsp salt
2. Add all ingredients to crock pot and let cook on low for 6-8 hours.
3. Serve warm with whole wheat crackers and reduced-fat shredded cheddar cheese

## Nutrition Facts

8 servings per container  
Serving size **1-1/2 cups**

Amount per serving  
**Calories 230**

	% Daily Value*
<b>Total Fat</b> 4.5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 25mg	8%
<b>Sodium</b> 570mg	25%
<b>Total Carbohydrate</b> 34g	12%
Dietary Fiber 9g	32%
Total Sugars 10g	
Includes 0g Added Sugars	0%
<b>Protein</b> 19g	
Vitamin D 0mcg	0%
Calcium 96mg	8%
Iron 4mg	20%
Potassium 474mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Putting Healthy Food  
Within Reach

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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