

Southwest Chili

Ingredients:



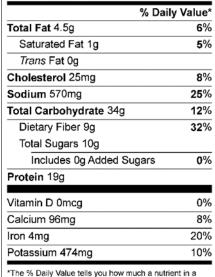
1 pound (16 oz) ground turkey
2 cups low sodium chicken stock
15 oz canned black beans, rinsed & drained
28 oz crushed tomatoes
3 medium sweet potatoes, diced
2 Tbsp chili powder
4 tsp cumin
1 Tbsp onion powder
1 tsp garlic powder
¼ tsp salt

Optional: 1/2 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



serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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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1-1/2 cups

Amount per serving Calories