



## Thick Turkey Chili

Makes approximately eight 1 cup servings

### Ingredients:

- 1 tsp. canola or olive oil
- 1 medium onion, diced
- 1 medium green bell pepper, diced
- 2 cloves garlic, minced (or ¼ tsp. garlic powder or 1 tsp. bottled pre-minced garlic)
- 1 Tbsp. chili powder
- 1 tsp. cumin
- ⅛ tsp. pepper
- 2 lb. lean ground turkey breast or extra-lean ground beef
- 4 c. tomato sauce (reduced-sodium if available)
- 1 (6-oz.) can tomato paste

### Directions:

1. Heat oil in a large pot or saucepan over medium heat.
2. Sauté the onion, bell pepper, and garlic until tender and onion is translucent. Add spices and cook for 1 minute.
3. Add turkey and cook for 5-7 minutes or until no longer pink.
4. Add tomato sauce and tomato paste. Simmer, covered for 20-30 minutes until flavors are blended and chili is thick.
5. Ladle into bowls and serve immediately.

### Notes:

- This chili can be served as a chili in a bowl or as a sloppy joe on a bun.
- This chili freezes very well and can be portioned into individual serving containers and frozen for up to 6 months.

Source: *Dining with Diabetes WVUES, 2000-present*



### Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(291g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0.5g	3%
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 760mg	<b>33%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 0g Added Sugars	0%
<b>Protein</b> 29g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 3mg	15%
Potassium 626mg	15%
*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.	

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