

Thick Turkey Chili

Serving Information

Makes approximately
eight 1-c. 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
- 1 lb. lean ground turkey breast or extra-lean
ground beef
- 4 c. tomato sauce (reduced-sodium if
available)
- 1 (6-oz.) can tomato paste

Equipment

Large saucepan or pot
Measuring cups and spoons
Colander (for draining fat)
Spatula
Ladle

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.

Source: Dining with Diabetes WVUES, 2000-present

Nutrition Facts

Serving Size (285g)

Servings Per Container

Amount Per Serving

Calories 230 **Calories from Fat 90**

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 85mg **28%**

Sodium 125mg **5%**

Total Carbohydrate 15g **5%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 22g

Vitamin A 30% • **Vitamin C 60%**

Calcium 4% • **Iron 15%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

