



Turkey Chili

This chilli recipe is easy to prepare and is great for freezing. Using turkey as an alternative to beef helps to reduce the fat and still gives a good flavour and texture. The vegetables in this recipe give a boost of dietary fibre, vitamin A, C, folate and powerful antioxidants. Also, the mixed beans contribute lots of soluble fibre and protein.

Prep: 15 minutes • Total: 1 hour

Ingredients:

Vegetable oil	1 ½ Tbsp	23 mL
Ground turkey	1 ½ lbs	680 g
Mixed beans	2 cans	2x (19 oz)
Taco seasoning, low sodium	1 package	1 oz
Coriander, ground	1 tsp	5 mL
Oregano, dried	1 tsp	5 mL
Chili pepper flakes	1 tsp	5 mL
Tomato paste	2 Tbsp	30 mL
Beef broth, low sodium	1 can	10 ½ oz
Salsa	1 can	7 oz
Crushed tomatoes, canned	1 can	14 ½ oz
Onion, finely chopped	1 medium	110 g
Green bell pepper, diced	1 medium	119 g
Red bell pepper, diced	1 medium	119 g
Zucchini, diced	3 medium	588 g

Directions:

- Heat 1 Tbsp of oil in large stockpot over medium-high heat. Add turkey to the pot and use a wooden spoon to break it up into tiny chunks. Add taco seasoning, coriander, oregano, chili flakes and tomato paste and mix until meat is evenly coated. Reduce heat to medium and continue to cook until turkey is lightly browned.
- Add beef broth, and let simmer until liquid has reduced slightly, about 5 minutes. Add salsa and tomatoes and let simmer at medium-low for ten minutes.
- In another large skillet heat ½ Tbsp over medium-high heat. Cook onion, green bell pepper and zucchini until onion is translucent and bell pepper and zucchini are lightly browned. Add these to chili and continue to simmer for 30 minutes.
- Adjust the thickness of the chili by adding water.

Nutrition Facts

Serving Size (205g)

Servings Per Container

Amount Per Serving

Calories 160 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 450mg **19%**

Total Carbohydrate 17g **6%**

Dietary Fiber 4g **16%**

Sugars 3g

Protein 12g

Vitamin A 10% • Vitamin C 40%

Calcium 4% • Iron 10%

*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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Makes 18 servings (205 g / serving) • 1 serving = approx. 1 cup

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