

Simple Turkey Chili



Ingredients:

- 1 pound ground turkey
- 1 cup onion, chopped
- 1 can light red kidney beans, drained
- 1 – 14 ounce can diced tomatoes
- 1– 8 ounce can tomato sauce
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoons garlic powder
- 1/2 teaspoon oregano

Instructions:

1. Over medium-high heat, cook onions with ground turkey until browned.
2. Drain fat.
3. Stir in remaining ingredients.
4. Reduce heat to low and simmer 20 minutes, stirring occasionally.
5. Serve with reduced-fat cheese or sour cream, if desired.

Makes 4 servings.



Tarrant County Public Health
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