

Eat
Well



CROWD- PLEASING TURKEY CHILI

This must-try chili is so versatile, the possibilities are endless. It can be enjoyed on its own or transformed into other dishes. Just one jalapeño pepper adds some heat to this recipe - handle it with care by washing your hands well before and after touching it.

Prep
Time **10**
min

Cook
Time **30**
min

Makes 8
Servings

- 1 pkg (500 g) lean ground turkey
- 10 mL (2 tsp) canola oil
- 1 onion, finely chopped
- 1 green pepper, chopped
- 4 cloves garlic, minced
- 15 mL (1 tbsp) chili powder
- 10 mL (2 tsp) dried oregano
- 5 mL (1 tsp) ground cumin
- 1 jalapeño pepper, seeded and minced
- 1 can (796 mL/28 oz) diced tomatoes
- 1 can (540 mL/19 oz) red kidney beans, drained and rinsed
- 125 mL (1/2 cup) sodium reduced vegetable broth or water
- 60 mL (1/4 cup) tomato paste
- 2 bay leaves

1. In a large saucepan, brown turkey, breaking up with spoon. Drain using a colander and set aside. Return the empty pot to medium heat. Add oil and cook onion, green pepper, garlic, chili powder, oregano and cumin for about 3 minutes or until softened.

2. Stir in turkey and jalapeño pepper and cook, stirring for 1 minute.

3. Add tomatoes, beans, broth, tomato paste and bay leaves. Bring to a boil; reduce heat, cover slightly and simmer, stirring occasionally for about 20 minutes or until thickened. Remove bay leaves before serving.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.

NUTRIENTS PER SERVING

% DV

Calories	185	-
Fat	5 g	8 %
Saturated + Trans	1 g	7 %
	0 g	-
Cholesterol	49 mg	-
Sodium	325 mg	14 %
Carbohydrate	19 g	6 %
Fibre	6 g	23 %
Sugars	6 g	-
Protein	16 g	-
Vitamin A	-	9 %
Vitamin C	-	48 %
Calcium	-	10 %
Iron	-	21 %



TIPS

- Cook up a big batch of chili and freeze into meal-sized portions. Perfect for those hectic days.
- Get creative and use the chili for burritos, tacos, pasta sauce, baked potatoes or to top salads.
- This flexible recipe can be tweaked into a brand-new chili. Change up the type of ground meat and swap in different beans, and you've got a whole new meal.



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