Turkey Chili  
Serves 5

Ingredients1 tablespoon olive oil1 cup sweet onion, chopped1 tablespoon minced garlic1/4 cup chopped yellow bell pepper1 pound ground turkey1 28-ounce can crushed Muir Glen organic tomatoes, undrained1 16-ounce can red kidney beans, drained and rinsed1 can black beans1 tablespoon chili powder1 tablespoon sugar2 cups low-sodium chicken stock1/2 teaspoon garlic powder1 teaspoon Tabasco Sauce1 1/2 teaspoons sea salt1 teaspoon dried basil1/2 teaspoon dried oregano

Instructions

1.  In a large skillet, sauté onions, bell pepper and garlic in olive oil over medium heat  until onions are translucent. Add ground turkey and cook until browned. 2.  Add remaining ingredients and stir well to combine. Reduce heat to low and simmer for 1 hour, stirring occasionally.

Nurtritional Information Per Serving ( 1 cup): Calories 280, Fat 4 gm, Carbs 27 gm, Protein 33 gm, Cholesterol 73 mg, Sodium 395 mg, Fiber 8 gm