

# **BBQ Turkey Chili**

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**Servings: 6**

**Start to Finish Time: 30 minutes**

**2 tablespoons olive oil**  
**1 medium onion, chopped**  
**1 green bell pepper, cored and diced**  
**1 package (20.8 oz) ground turkey**  
**3 tablespoons chili powder**  
**1/2 teaspoon salt**  
**1/2 cup ketchup**  
**1/3 cup vinegar**  
**2 tablespoons molasses**  
**2 teaspoons sugar**  
**1 can (14.5 oz) petite-cut diced tomatoes, drained**  
**1 can (15 oz) small white beans, drained and rinsed**  
**1 jalapeno chile, thinly sliced**  
**2 packages fully cooked brown or white rice**

Heat the oil in a large pot over medium heat. Add the onion and pepper and cook for 5 minutes, stirring, until softened.

Increase the heat to medium-high. Add the turkey, breaking apart with a wooden spoon. Cook for 5 minutes. Sprinkle with chili powder and salt. Cook for 1 minute.

Stir in the ketchup, vinegar, molasses and sugar. Add the drained tomatoes. Reduce the heat to medium-low and simmer for 15 minutes, stirring occasionally.

Add the beans and jalapeno. Heat through for about 2 minutes.

Meanwhile, microwave the rice as per package directions, about 90 seconds.

Serve the chili over the rice.

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Per Serving (excluding unknown items): 287 Calories; 9g Fat (26.5% calories from fat); 15g Protein; 40g Carbohydrate; 11g Dietary Fiber; 30mg Cholesterol; 496mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1 Fat; 1 Other Carbohydrates.