

Black Bean Turkey Chili

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Palm Beach Post

Servings: 4

2 cans black beans, drained and rinsed
1 pound ground turkey
2 yellow onions, sliced
3 jalapeno peppers, seeded and diced
1 large red bell pepper, seeded and diced
3 teaspoons garlic, minced
2 tablespoons tomato paste
1/4 cup chili seasoning mix
1/4 teaspoon crushed chipotle chile pepper
1/2 teaspoon dried oregano
2 cans (14 oz) fire-roasted tomatoes with juices
1/4 cup olive oil
salt and pepper (to taste)
grated cheddar cheese (for serving)
sour cream (for serving)
tortilla chips (for serving)
green onions (for serving)

In a large skillet over medium heat, add the oil. Cook the onions and garlic until softened. Add in the jalapenos and red bell pepper. Cook for another 5 to 10 minutes.

Add in the ground turkey, breaking it up into small pieces.

Stir in the chili seasoning, chipotle chile pepper, oregano and fire-roasted tomatoes.

Once the turkey is fully cooked, add the black beans and tomato paste. Season with salt and pepper.

Turn to low heat and cook for one hour, stirring every so often.

Serve in large bowls and top with the cheddar cheese, sour cream, chips and green onions.

Per Serving (excluding unknown items): 707 Calories; 25g Fat (31.2% calories from fat); 43g Protein; 79g Carbohydrate; 17g Dietary Fiber; 90mg Cholesterol; 179mg Sodium. Exchanges: 4 1/2 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 3 Fat.