

Leftover-Turkey Chili

"The Gourmet Gazette"
St. Lucie News Tribune

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 red bell peppers, finely diced
- 2 tablespoons flour
- 3 tablespoons chili powder
- 2 tablespoons ground cumin
- 2 teaspoons cocoa powder
- 1 teaspoon cayenne pepper
- 1/4 cup tarragon vinegar OR white-wine vinegar
- 2 tablespoons brewed strong coffee
- 1 can (28 ounce) plum tomatoes, crushed
- 1/4 teaspoon salt
- 1 can (15 ounce) black beans
- 3 cups leftover turkey, chopped

Heat the oil over medium-high heat in a Dutch oven or skillet. Add the onion, garlic and bell peppers. Saute', stirring frequently, for 5 minutes.

Stir in the flour, chili powder, cumin and cocoa. Stir over low heat, stirring frequently, for 3 minutes to cook the spices.

Add the remaining ingredients except the black beans and the turkey. Bring to a boil over medium heat.

Simmer the chili, stirring occasionally, for 40 minutes to 45 minutes, until thick.

Add the black beans and turkey. Cook for 5 additional minutes.

Per Serving (excluding unknown items): 1101 Calories; 25g Fat (18.9% calories from fat); 54g Protein; 184g Carbohydrate; 48g Dietary Fiber; 0mg Cholesterol; 807mg Sodium. Exchanges: 10 Grain(Starch); 2 1/2 Lean Meat; 5 Vegetable; 4 Fat.

Soups and Chili

Per Serving Nutritional Analysis

Calories (kcal):	1101	Vitamin B6 (mg):	1.9mg
% Calories from Fat:	18.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	62.8%	Thiamin B1 (mg):	2.2mg
% Calories from Protein:	18.3%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	25g	Folacin (mcg):	976mcg
Saturated Fat (g):	4g	Niacin (mg):	9mg

Monounsaturated Fat (g): 11g
Polyunsaturated Fat (g): 7g
Cholesterol (mg): 0mg
Carbohydrate (g): 184g
Dietary Fiber (g): 48g
Protein (g): 54g
Sodium (mg): 807mg
Potassium (mg): 4397mg
Calcium (mg): 489mg
Iron (mg): 24mg
Zinc (mg): 9mg
Vitamin C (mg): 491mg
Vitamin A (i.u.): 22732IU
Vitamin A (r.e.): 2273 1/2RE

Caffeine (mg): 8mg
Alcohol (kcal): 0
% Refuse: 00%

Food Exchanges

Grain (Starch): 10
Lean Meat: 2 1/2
Vegetable: 5
Fruit: 0
Non-Fat Milk: 0
Fat: 4
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1101 Calories from Fat: 208

% Daily Values*

Total Fat	25g	38%
Saturated Fat	4g	18%
Cholesterol	0mg	0%
Sodium	807mg	34%
Total Carbohydrates	184g	61%
Dietary Fiber	48g	193%
Protein	54g	
Vitamin A		455%
Vitamin C		818%
Calcium		49%
Iron		133%

* Percent Daily Values are based on a 2000 calorie diet.