

# **Turkey and Three-Bean Chili**

Woman's Day Magazine

**Servings: 8**

**Preparation Time: 20 minutes**

**Start to Finish Time: 35 minutes**

**Cook time: 15 minutes**

*Chili may be refrigerated for up to two days.*

**2 teaspoons olive oil**

**1 large onion, chopped**

**2 cubanelle or green bell peppers, chopped**

**2 cloves garlic, finely chopped**

**1 pound lean ground turkey**

**2 tablespoons tomato paste**

**2 tablespoons chili powder**

**2 teaspoons ground cumin**

**1 teaspoon ground chipotle pepper**

**Kosher salt**

**2 cans (28 oz) diced tomatoes (preferably fire-roasted)**

**3 cans (15 oz) beans (black, kidney, red or pinto), rinsed**

**lowfat sour cream, sliced scallions and chopped jalapenos, for serving**

Heat the oil in a large pot over medium heat. Saute' the onion, peppers and garlic until tender, 4 to 6 minutes.

Add the turkey and cook, breaking it up with a spoon, until no longer pink, 3 to 5 minutes.

Add the tomato paste, chili powder, cumin, chipotle pepper and 1/2 teaspoon salt and cook, stirring, for 1 minute. Add the tomatoes (with their juices), 1/2 cup water and the beans, and bring to a boil. Reduce heat and simmer until slightly thickened, 12 to 15 minutes. Serve with sour cream, scallions and jalapeno, if desired.

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Per Serving (excluding unknown items): 108 Calories; 6g Fat (44.6% calories from fat); 12g Protein; 3g Carbohydrate; 1g Dietary Fiber; 37mg Cholesterol; 93mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.