

Turkey Chili

Susan McEwen McIntosh

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vegetable cooking spray
2 pounds uncooked ground turkey
1 medium onion, chopped
1 medium green pepper, chopped
2 cloves garlic, minced
1 can (16 ounce) whole tomatoes, undrained
1 can (10 ounce) tomatoes and green chilies, undrained
2 cups tomato juice
1 to 2 tablespoons chili powder
1 tablespoon prepared mustard
1 teaspoon paprika
1/2 teaspoon salt
1/4 teaspoon pepper
1 can (15-1/2 ounce) kidney beans, drained

Coat a Dutch oven with cooking spray.

Add the turkey, onion, green pepper and garlic. Saute' the mixture over medium-high heat until the turkey loses its pink color.

Stir in the tomatoes, chilies, tomato juice, chili powder, mustard, paprika, salt and pepper.

Bring to a boil. Cover and reduce the heat. Simmer one hour.

Stir in the beans. Cover and simmer an additional 15 minutes.

Yield: 8 cups

Per Serving (excluding unknown items): 847 Calories; 5g Fat (4.8% calories from fat); 53g Protein; 163g Carbohydrate; 61g Dietary Fiber; 0mg Cholesterol; 3154mg Sodium. Exchanges: 7 1/2 Grain(Starch); 3 Lean Meat; 7 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.