

Turkey Eggplant Chili

Sandi Goodness

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

2 tablespoons vegetable oil
1 medium eggplant, chopped
1 large onion, chopped
1 tablespoon chili powder
1 pound ground turkey
1 can (15 ounce) black beans,
drained and rinsed
1 jar (28 ounce) Barilla's Black and
Green Olive Sauce
2 stalks celery, chopped
1 green pepper, chopped
2 cloves garlic, minced
1 teaspoon ground cumin

Peel and slice the eggplant; salt and place in a dish. Weigh down to sweat the eggplant. Leave for approximately 30 minutes.

Brown the turkey until cooked and crumbly. Place in a large pot with the chili powder, beans, tomato sauce and cumin. Cook on low heat.

In a separate pan, saute' the onion, garlic and green pepper. Add to the turkey mixture.

Rinse the eggplant; chop and saute'. Add to the turkey mixture. Cover and simmer for approximately 30 minutes.

Serve over rice.

This is a very mild chili but it is very flavorful.

Per Serving (excluding unknown items): 1825 Calories; 71g Fat (34.1% calories from fat); 130g Protein; 176g Carbohydrate; 49g Dietary Fiber; 359mg Cholesterol; 606mg Sodium. Exchanges: 8 1/2 Grain(Starch); 13 Lean Meat; 9 Vegetable; 6 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|---------|
| Calories (kcal): | 1825 | Vitamin B6 (mg): | 3.2mg |
| % Calories from Fat: | 34.1% | Vitamin B12 (mcg): | 1.5mcg |
| % Calories from Carbohydrates: | 37.8% | Thiamin B1 (mg): | 2.4mg |
| % Calories from Protein: | 28.0% | Riboflavin B2 (mg): | 1.2mg |
| Total Fat (g): | 71g | Folacin (mcg): | 1058mcg |
| Saturated Fat (g): | 15g | Niacin (mg): | 24mg |
| Monounsaturated Fat (g): | 31g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 17g | Alcohol (kcal): | 0 |

| | |
|---------------------------|-----------|
| Cholesterol (mg): | 359mg |
| Carbohydrate (g): | 176g |
| Dietary Fiber (g): | 49g |
| Protein (g): | 130g |
| Sodium (mg): | 606mg |
| Potassium (mg): | 5745mg |
| Calcium (mg): | 445mg |
| Iron (mg): | 20mg |
| Zinc (mg): | 17mg |
| Vitamin C (mg): | 134mg |
| Vitamin A (i.u.): | 3945IU |
| Vitamin A (r.e.): | 399 1/2RE |

% Daily Values 0 0%

Food Exchanges

| | |
|-----------------------------|-------|
| Grain (Starch): | 8 1/2 |
| Lean Meat: | 13 |
| Vegetable: | 9 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |
| Fat: | 6 |
| Other Carbohydrates: | 0 |

Nutrition Facts

Amount Per Serving

Calories 1825 Calories from Fat: 623

% Daily Values*

| | |
|---------------------------------|------|
| Total Fat 71g | 108% |
| Saturated Fat 15g | 73% |
| Cholesterol 359mg | 120% |
| Sodium 606mg | 25% |
| Total Carbohydrates 176g | 59% |
| Dietary Fiber 49g | 197% |
| Protein 130g | |
| Vitamin A | 79% |
| Vitamin C | 223% |
| Calcium | 44% |
| Iron | 112% |

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