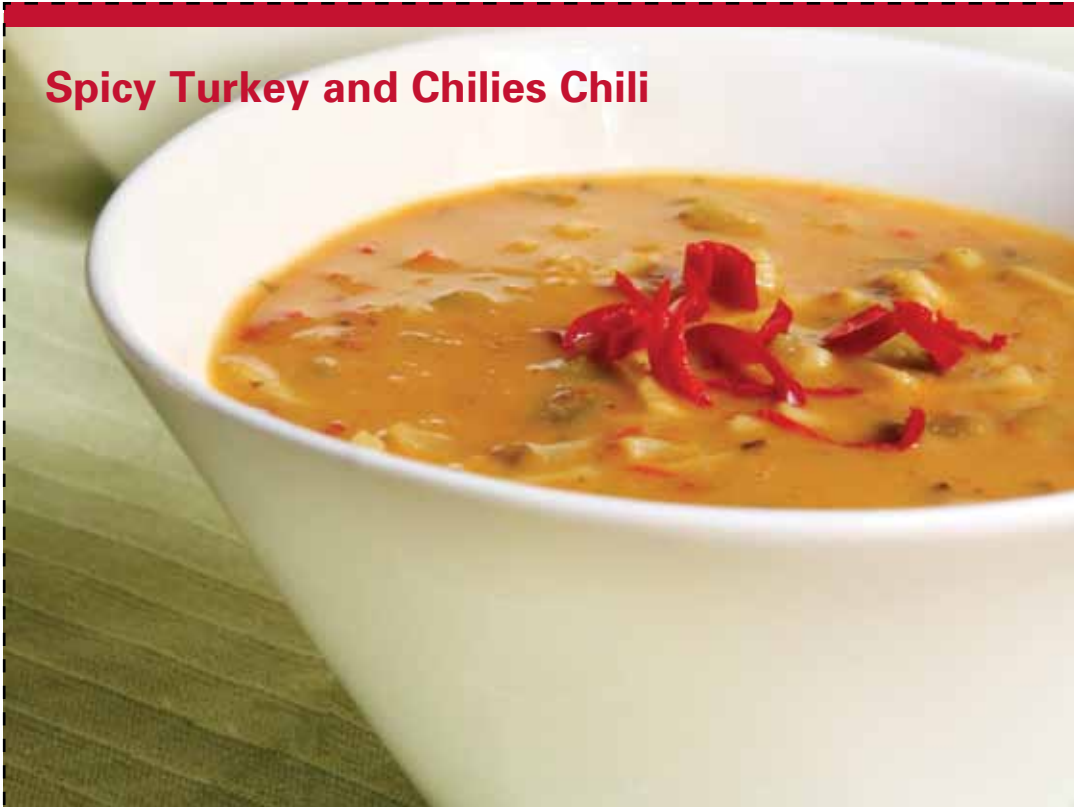


Spicy Turkey and Chilies Chili



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Yield: 9 servings

Prep Time: 10 minutes. Total Time: 50 minutes.

Ingredients

- 2 teaspoons olive oil
- 1 lb lean ground turkey breast
- 2 medium jalapeño chilies, seeded, finely chopped
- 2 cloves garlic, minced
- 2 cans (14.5 oz each) diced tomatoes
- 1 can (15 oz) pinto beans, drained, rinsed
- 1 cup water
- 1 cup frozen sweet corn
- 2 tablespoons ancho chili pepper powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano leaves
- 2 tablespoons chopped cilantro, if desired

Preparations

1. In 4- to 5-quart Dutch oven, heat oil over medium-high heat. Add turkey; cook 5 to 7 minutes, stirring occasionally, until no longer pink. Add jalapeño chilies and garlic; cook 2 to 3 minutes, stirring occasionally.
2. Stir in tomatoes, beans, water, corn, chile pepper powder, cumin and oregano. Heat to boiling. Reduce heat to low; simmer covered 25 to 30 minutes or longer, stirring occasionally, until flavors are blended. Sprinkle individual servings with cilantro.

Nutrition Facts

Serving size: 1 cup

Amount Per Serving

Calories 194

Total Fat 7g

Saturated Fat 1.5g

Trans Fat 0g

Cholesterol 45mg

Sodium 220mg

Total Carbohydrate 16g

Dietary Fiber 4g

Protein 17g

Carbohydrate Serving 1



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