



Game Day Chili with Turkey

Prep Time	15 mins
Total Time	45 mins
Meal Type	Lunch,Dinner
Contributed By	LivingPlateRx
Source	Living Plate Teaching Kitchen
Servings	6



Ingredients

lb,c g,ml

- 1 Tbs olive oil
- 1 onion, sweet, *chopped*
- 4 cloves garlic, *minced*
- 1 lb turkey, ground
- 2 tsp cumin, ground
- 1 1/2 tsp chili powder
- 1 zucchini, *chopped*
- 3 carrots, *peeled and chopped*
- 1 red bell pepper, *chopped*
- 1 1/2 cups tomatoes, canned diced (fire roasted)
- 1 cups vegetable broth, low-sodium
- 1 (15 oz.) can red kidney beans, *drained and rinsed*
- 1/2 cups cilantro, *chopped*
- hot sauce optional

Directions

Prep

1. Chop onion, zucchini, carrots, red pepper.
2. Mince garlic.
3. Drain and rinse kidney beans.

Make

1. In a sauce pot, sauté onion and garlic gently in oil until soft and fragrant. Add turkey and continue to cook for additional 3 minutes.
2. Add cumin and chili powder and stir to coat vegetables and turkey.
3. Add zucchini, carrots, pepper, tomatoes, and broth. Add enough broth to cover vegetables.
4. Bring to a boil. Immediately reduce heat and simmer for 20 minutes.
5. Stir in kidney beans and simmer for 2 more minutes.
6. Serve with cilantro and hot sauce, if using.

Notes

This chili gets better with age - leftovers will be delicious. You can also freeze any leftovers.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	431	Total Fat 9.5g	14%	Total Carbohydrates 57g	18%
		Saturated Fat 2.0g	10%	Dietary Fiber 14g	57%
		Trans Fat 0.1g		Total Sugars 9g	
		Cholesterol 52mg	17%		
		Sodium 281mg	12%	Protein 33g	
Vitamin D 0mcg 3% · Calcium 135mg 13% · Iron 7mg 39% · Potassium 1595mg 33%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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