

# Hearty Turkey Chili



## main meals

**POINTS®** Value: 4

Servings: 6

Preparation Time: 25 min

Cooking Time: 58 min

Level of Difficulty: Easy

A bowl of hot chili is so satisfying on cold fall days. Ours boasts kidney beans, lean turkey and lots of vegetables, well-seasoned and sprinkled with scallions.

## Ingredients

- 1 spray(s) cooking spray
- 1 tsp canola oil
- 1 large onion(s), chopped
- 2 medium garlic clove(s), minced
- 2 medium carrot(s), thinly sliced into rounds
- 1 pound(s) lean ground turkey
- 2 tbsp chili powder
- 1 tbsp paprika
- 1 1/2 tsp red pepper flakes
- 1 tsp ground cumin
- 2 medium tomato(es), chopped
- 1 cup(s) canned tomato sauce
- 1 cup(s) canned chicken broth
- 1 1/2 tbsp apple cider vinegar
- 1 1/2 cup(s) cooked kidney beans, rinsed and drained
- 1 medium green pepper(s), chopped
- 1/2 tsp table salt, or to taste
- 1/8 tsp black pepper, or to taste
- 1/4 cup(s) scallion(s), chopped

## Instructions

- Coat a large pot with cooking spray; place over medium heat. Add oil and onion; sauté onion until soft, about 5 to 7 minutes. Add garlic and carrots; cook until garlic is softened, about 1 minute. Add turkey; brown meat, breaking it up with a wooden spoon as it cooks, about 5 minutes. Stir to break up lumps.
- Add chili powder, paprika, red pepper flakes, cumin, tomatoes, tomato sauce, broth, vinegar, beans and green pepper; bring mixture to a boil. Cover, reduce heat and simmer until meat and vegetables are tender, about 30 to 45 minutes. Season to taste with salt and pepper; garnish with scallions. Yields about 1 cup per serving.