

Turkey and Black Bean Chili



Hands-On Prep 15 MIN

Cook 40 MIN

Serves 4



Heat the oil in a large nonstick saucepan over medium-high heat. Add the onion, bell pepper, and garlic; cook, stirring occasionally, until softened, about 5 minutes. Add the turkey and cook, breaking it apart with a wooden spoon, until no longer pink, about 3 minutes. Stir in the beans, tomatoes, chili powder, cumin, oregano, and salt; bring to a boil. Reduce the heat and simmer, covered, until the vegetables are very tender, about 30 minutes. Serve with the cheese, sour cream, and scallions.

PER SERVING (1 cup chili with 2 tablespoons cheese, 1 tablespoon sour cream, and 1 tablespoon scallions): 242 Cal, 4 g Fat, 0 g Sat Fat, 0 g Trans Fat, 30 mg Chol, 767 mg Sod, 25 g Carb, 8 g Fib, 27 g Prot, 219 mg Calc. **POINTS** value: 4.

Plan Ahead This chili tastes even better if made in advance for an instant meal another time. Keep it refrigerated in an airtight container up to 2 days.

- 2 teaspoons extra-virgin olive oil
- 1 onion, chopped
- 1 green bell pepper, seeded and chopped
- 4 garlic cloves, minced
- $\frac{3}{4}$ pound ground skinless turkey
- 1 (15-ounce) can black beans, rinsed and drained
- 1 (14½-ounce) can diced tomatoes
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup shredded fat-free sharp cheddar cheese
- $\frac{1}{4}$ cup fat-free sour cream
- $\frac{1}{4}$ cup sliced scallions