

## Turkey Chili

Serves 4

1 TBSP olive oil  
1 lb ground turkey  
2 onions, diced  
4–6 cloves garlic, minced  
4 cups (1 quart) water, divided  
2 cans (28 oz) crushed tomatoes  
2 cans (15 oz) kidney beans, rinsed and drained  
¼ cup chili powder  
1 teaspoon paprika  
1 teaspoon dried oregano, rubbed  
Pinch of cayenne pepper  
1 TBSP ground cumin  
½ teaspoon Kosher salt  
1 teaspoon freshly ground black pepper  
2 green onions, sliced (optional)  
½ cup cheddar or Monterrey Jack cheese, shredded (optional)

In a large pot or Dutch oven, heat olive oil over medium heat.

Add turkey and cook until no pink remains.

Add onion and cook until translucent.

Add garlic and cook for 1 minute.

Stir in half of the water. Add tomatoes, kidney beans and all of the spices.

Cook until chili thickens a bit, about 20 minutes. Add additional water to thin consistency, if needed.

Garnish with green onions and grated cheese.

**Nutrition Information per Serving** Calories 713.2; Fat 24.5 g; Saturated Fat 6.9 g; Sodium 1655.2 mg; Fiber 21 g; Sugars 26.2 g; Added Sugars 0 g; Protein 56.8 g