

## Turkey Chili

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Warm up with this Classic American staple turkey chili.

For information on women and heart disease, visit Go Red for Women (<https://www.goredforwomen.org/>). (Link opens in a new window)




## Ingredients

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6 Servings


- + **Cooking spray**
- + 1 1/2 Tbsp. **canola or corn oil**
- + 1 medium or large **onion**, chopped
- + 20 oz. ground, skinless **turkey breast**
- ┌ + 2 large **garlic cloves** (minced)  
OR  
└ + 1/2 tsp. **garlic powder**
- + 2 tsp. **chili powder**
- + 1/2 tsp. **pepper**
- + 1/2 tsp. ground **cumin**
- + 15.5 oz. canned, no-salt-added **pinto beans** (rinsed, drained)
- + 15.5 oz. canned, no-salt-added **black beans** (rinsed, drained)
- + 14.5 oz. canned, no-salt-added, diced **tomatoes** (undrained)

- + 1 3/4 cups fat-free, low-sodium **chicken broth**
- + 1 cup frozen **whole-kernel corn**
- + 6 oz. canned, no-salt-added **tomato paste**
- + 4 medium **green onions** ((green part only), sliced)

	<b>347</b>	Calories per serving
	<b>0.5 g</b>	Sat. Fat per serving
	<b>129 mg</b>	Sodium per serving

## Quick Tips



 **Tip:** Serving size 1 1/3 cups

## Directions

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- 1 Lightly spray a Dutch oven with cooking spray. Add the oil and heat over medium-high heat, swirling to coat the bottom. Cook the onion for 3 minutes, or until soft, stirring occasionally.
- 2 Reduce the heat to medium. Stir in the turkey. Cook for 5 minutes, or until browned, stirring frequently to turn and break up the turkey.
- 3 Stir in the garlic, chili powder, pepper, and cumin. Stir in the remaining ingredients except the green onions. Cook for 5 to 7 minutes, or until heated through, stirring frequently. Just before serving, sprinkle with the green onions.

*This recipe is brought to you by the American Heart Association's Go Red For Women movement. Recipe copyright © 2016 by the American Heart Association. Look for other delicious recipes in American Heart Association cookbooks, available from booksellers everywhere or online at [heart.org/cookbooks](http://www.heart.org/cookbooks). (<http://www.heart.org/cookbooks>).*