

Super Easy Turkey Chili



Try our recipe for turkey chili, a tasty and lean protein-rich dish that's perfect for busy evenings. Easy to prepare and can be made very well in advance, it's perfect for gathering the whole family around the table.

Preparation 10 min

Cooking 30 min

Servings 6

Nutrition Facts (per serving)

Calories 380

Fat 11

Carbohydrates 40

Fibre 10

Protein 31

Sodium 1190

Ingredients

- 1 tbsp (15 ml) olive oil
- 1 lb (450 g) ground turkey
- 1 tbsp (15 ml) reduced sodium soy sauce (or Worcestershire sauce)
- 1 tbsp (15 ml) chili powder
- 1 tbsp (15 ml) unsweetened cocoa powder
- 1 tsp (5 ml) paprika

- 1 can (796 ml) diced tomatoes
- 1 can (680 ml) tomato sauce
- 1 can (540 ml) kidney beans, rinsed and drained
- 250 ml (1 cup) frozen corn kernels
- Pepper, to taste

Preparation

1. In a large saucepan over medium-high heat, heat olive oil. Add ground turkey and cook, stirring frequently, until well browned.
2. Add soy sauce, chili powder, cocoa powder, paprika and pepper. Stir well to coat meat with spices.
3. Stir in frozen vegetables and cook for 5 minutes, stirring occasionally.
4. Add diced tomatoes with juice, tomato sauce, kidney beans and frozen corn kernels. Stir well.
5. Cook, uncovered, over medium heat for about 10 minutes, or until heated through and flavors are combined.
6. Taste and adjust seasoning, if necessary.

Notes

Keeps 3-5 days in the refrigerator or 3 months in the freezer.

*Spaghetti mix contains onions, celery, carrots and peppers. You can easily substitute them with fresh vegetables cut into small cubes.



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