



HEALTHY RECIPES

Recipe for: Hearty Turkey Chili

Ingredients:

- 2 cups chopped zucchini
- 1 tsp. olive oil
- 1 cup chopped onion
- 2 cups chopped celery
- 1 cup chopped bell peppers
- 2 tsp. chopped cooked turkey
- 1 ½ tbsp. chili powder
- 1 tsp. cumin seed
- 2 cups diced canned tomatoes, no salt added variety
- 4 cups canned kidney beans, rinsed and drained
- 2 cups low-sodium vegetable broth
- 1 tsp. brown sugar



Dietitian's tip:

This chili uses roasted vegetables and turkey meat instead of ground beef for a full, hearty flavor.

Directions:

Preheat the oven to 475 F. Spray a glass baking dish with cooking spray. Arrange the zucchini in a single layer in the baking dish. Roast for 8 to 10 minutes until slightly tender and lightly browned.

While the zucchini is roasting, add the oil and chopped onions to a dutch oven or soup pot. Sauté over low heat until the onions are browned. Add the celery and peppers and continue to sauté. Add garlic, Turkey, Chili powder and cumin seed. Cover and simmer for about 5 minutes.

Stir in the tomatoes, kidney beans, vegetable broth, brown sugar and the roasted zucchini. Cover and simmer for 15 minutes. Ladle into warmed individual bowls. Serve immediately.

Submitted by: Human Resources