



Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY *Challenge*

Low Fat Turkey Chili

Ingredients

- 1 lb ground turkey
- 2 (10.75 oz) cans low sodium tomato soup
- 2 (15 oz) cans kidney beans, drained
- 1 (15 oz) can black beans, drained
- 1 large onion, cut up in course pieces
- 2 tbs chili powder
- 1 tsp red pepper flakes
- ½ tbs ground cumin
- 1 dash ground black pepper
- 1 dash allspice
- 2 tbs grated semi-sweet chocolate (or finely chopped morsels)
- ½ tbs cinnamon
- Salt to taste

Directions

1. Brown and drain ground turkey
2. In slow-cooker, mix in turkey, tomato soup, kidney beans, black beans, and onion. Season with chili powder, red pepper flakes, garlic powder, cumin, black pepper, all spice, grated chocolate, cinnamon, and salt.
3. Cover and cook for 8 hours on low or 4 hours on high
4. Garnish with light sour cream or low-fat cheddar cheese

Nutrition Information Makes 8 servings (1 cup)

Per serving (without sour cream or cheese):

- Calories: 290
- Fat: 4g
- Protein: 25g
- Carbohydrate: 41g
- Fiber: 11g
- Sodium: 1010mg (**Use low sodium tomato soup to reduce sodium)



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Eat Smart