FIESTA TURKEY CHILI

Servings: 02 | Prep time: 0:20 | Total time: 1:00

NUTRITION INFORMATION
Per serving
Calories: 585 – 617
Total fat: 32g – 34g
Carbohydrates: 43g – 46g
Protein: 23g – 24g

INGREDIENTS
½ lb. Ground Turkey
1 cup canned diced Tomatoes
1 cup canned Black Beans
1 tbsp Tomato Sauce
2 tbsp Canola Oil
2 cloves Garlic
¾ cup diced Onion
¾ cup canned Corn
Seasoning Salt to taste
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Sour Cream (optional)
Jalapeños (optional)
Crushed Tortilla Chips (optional)
Chopped Lettuce (optional)

DIRECTIONS
1. Thaw frozen turkey (Amount depends on your likings).
2. In a deep pot with oil, sauté the onion and garlic until they turn into a light brown color. Add the thawed turkey and cook it until it is brown in color. Stir to mix the turkey evenly with other contents.
3. Add about 1 tbsp tomato sauce, seasoning salt, and salt to the pot and continue cooking.
4. Add the tomatoes, beans, corn, and ¼-½ cup water (to the consistency you like). Let the chili bring to a boil.
5. After it comes to a boil, reduce the heat and cook for 15 minutes until the chili thickens.
6. Top the chili with sour cream, jalapeños, sour cream, and lettuce (all optional) and serve!