



## Turkey Chili

Serves 4; 1 ½ cups per serving

### INGREDIENTS

- ½ tablespoon canola oil
- ½ cup chopped red onion
- 2 medium garlic cloves, minced
- 1 teaspoon dried oregano, crumbled
- 1 teaspoon chopped fresh jalapeno pepper, seeds and ribs discarded
- ¼ teaspoon crushed red pepper flakes
- 1 pound lean ground turkey breast, skin discarded before grinding
- 14.5 ounce can no-salt-added diced tomatoes, undrained
- 8 ounce can no-salt-added tomato sauce
- 1 cup low-fat, low-sodium chicken broth
- 15 ounce can no-salt-added kidney beans, rinsed and drained

### COOKING INSTRUCTIONS

In a medium nonstick saucepan, heat the oil over medium heat. Cook the onion and garlic for about 2 minutes, or until tender-crisp.

Stir in the cumin, oregano, jalapeno, and red pepper flakes. Cook 1 minute, stirring constantly.

Increase the heat to medium high. Stir in the turkey. Cook for 3 to 4 minutes, or until browned on the outside, stirring frequently.

Stir in the remaining ingredients. Bring to a boil, still over medium-high heat. Reduce the heat and simmer, partially covered, for 30 minutes, or until the liquid has reduced by about one-third.



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