

# Turkey and Bean Chili

Featured in: Extension Curriculum  
"Kids in the Garden"

## Ingredients:

- 1 Tbsp. olive oil
- 1 onion, chopped
- 1 green bell pepper, chopped
- 2 cloves garlic, chopped
- ½ pound ground turkey
- 2 Tbsp. tomato paste
- 1 tsp. ground cumin
- 2 tsp. Chili powder
- 1 (28-ounce) can diced tomatoes
- 2 (15-ounce) cans kidney beans, drained, rinsed
- 2 c. water
- Salt and pepper to taste
- Cilantro sprigs for serving

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SERVICE

## Directions:

- Heat the oil in a large sauce pan over medium-high heat. Add the onion, bell pepper and garlic. Cook, stirring occasionally, until tender, four to six minutes. Add the turkey and cook, breaking up with a spoon, until no longer pink, three to five minutes. Stir in the tomato paste, cumin and chili powder. Cook, stirring, for one minute. Add the tomatoes and their juices, beans, water, and salt and pepper to taste. Bring to a boil. Reduce heat and simmer, stirring occasionally, until slightly thickened, 12 to 15 minutes. Salt and pepper to taste. Top with cilantro to serve.

*Makes 8 servings. Per serving: 170 calories, 3grams (g) fat, 13 g protein, 23 g carbohydrate and 300 milligrams sodium.*

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