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## Turkey 3-Bean Chili

### Ingredients

1 lb Lean Ground Turkey  
1 tsp avocado Oil  
1/2 large Onion, chopped  
4-5 cloves Garlic, minced  
28-oz can Tomato Sauce  
28-oz can Diced Tomatoes  
15-oz can Kidney Beans  
15-oz can Pinto Beans  
15-oz can Black Beans  
2-3 Tbsps Chili Powder  
Salt & Pepper to taste

### Directions

- Heat large dutch oven, instant pot, or stock pot over medium-high heat with oil.
- Sauté onions & garlic in oil until translucent, about 3-4 mins
- Add turkey and cook thoroughly, breaking into crumbles as you cook
- Add tomatoes, beans with the liquid in can, salt, pepper and chili powder and Heat to boil. Then, turn down heat to simmer for 30-45 mins.
- Serve in a bowl by itself or with brown rice or wilted greens
- Serve chili topped with a dollop of sour cream or plain Greek yogurt

Makes 13-15 srvgs

1 cup = 144 cals, 3 g Fat, 20 g Carbs, 12 g Protein