the center
For Naturopathic Medicine & Functional Nutrition



Game Day Chili with Turkey

Prep time	Total time	Meal type	Servings
15 minutes	45 minutes	Lunch, Dinner	6

Ingredients

- 1 Tbs olive oil
- 1 onion, sweet, *chopped*
- 4 cloves garlic, *minced*
- 1 lb turkey, ground
- 2 tsp cumin, ground
- 1/2 Tbs chili powder
- 1 zucchini, *chopped*
- 3 carrots, *peeled and chopped*
- 1 red bell pepper, *chopped*
- 1 1/2 cup tomatoes, canned diced (fire roasted)
- 1 cup vegetable broth, low-sodium
- 1 (15 oz.) can red kidney beans, *drained and rinsed*
- 1/2 cup cilantro, *chopped*
- hot sauce optional

Directions

Prep

1. Chop onion, zucchini, carrots, red pepper.
2. Mince garlic.
3. Drain and rinse kidney beans.

Make

1. In a sauce pot, sauté onion and garlic gently in oil until soft and fragrant. Add turkey and continue to cook for additional 3 minutes.
2. Add cumin and chili powder and stir to coat vegetables and turkey. Add
3. zucchini, carrots, pepper, tomatoes, and broth. Add enough broth to cover vegetables.
4. Bring to a boil. Immediately reduce heat and simmer for 20 minutes. Stir
5. in kidney beans and simmer for 2 more minutes.
6. Serve with cilantro and hot sauce, if using.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 431

	% Daily Value*
Total Fat 10g	**12%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 52mg	**17%**
Sodium 281mg	**12%**
Total Carbohydrates 57g	**21%**
Dietary Fiber 14g	**51%**
Total Sugars 9g	
Protein 33g	
Vitamin D N/A	0%
Calcium 135mg	10%
Iron 7mg	39%
Potassium 1595mg	34%

Source: Living Plate

Notes

Disclaimer

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each 'NA' indicates a missing or incomplete value.
Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only