



## Turkey Chili

### Ingredients:

- 5 oz lean ground turkey
- 1 can diced tomatoes (low-sodium)
- 1 can kidney beans (drained and rinsed)
- 1/2 cup chopped onion
- 1/2 cup chopped bell pepper
- 1 can green chilies (optional for extra spice)
- 1 garlic clove (minced)
- 1 tbsp chili powder
- 1 tsp cumin
- 1/2 tsp paprika
- Salt and pepper to taste
- 1 tbsp olive oil

### Prep:

1. **Cook turkey:** In a large pot, heat olive oil and cook the ground turkey until browned.
2. **Sauté veggies:** Add onion, bell pepper, and garlic to the pot and cook until softened.
3. **Add beans and tomatoes:** Stir in the diced tomatoes, kidney beans, and green chilies.
4. **Season:** Add chili powder, cumin, paprika, salt, and pepper. Simmer for 20-30 minutes to let flavors meld.

### Macros (per serving):

- **Calories:** ~350
- **Protein:** ~40g
- **Carbs:** ~30g
- **Fat:** ~12g