



Terrific No-Bean Turkey Chili



Ingredients: Brand names of some ingredients are chosen based on healthy nutrition content (low-calorie, low sodium, low-fat, high fiber, low cholesterol).

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| 3 tablespoons Smart Balance canola oil, divided | 1 (7 ounce) can Newman's Own Salsa (only 105mg sodium) |
| 1 1/2 pounds ShadyBrook Farms lean or extra lean ground turkey | 1 (14.5 ounce) can Red Pack Crushed Tomatoes, or coarsely chopped tomatoes packed in puree |
| 1 (1 ounce) package Ortega 40% less sodium Taco Seasoning Mix | 1 (7 ounce) can Old El Paso Chopped Green Chile Peppers |
| 1 teaspoon ground coriander | 1 medium onion, finely chopped |
| 1 teaspoon dried oregano | 1 green bell pepper, diced |
| 1 teaspoon chili pepper flakes | 3 medium zucchini, halved lengthwise and sliced |
| 2 tablespoons Hunts Tomato Paste | 1 bunch green onions, chopped |
| 1 (14.5 ounce) can beef broth (or vegetable broth for a slightly earthy taste) (low-sodium). Try Herb-Ox sodium-free version | 1 cup Breakstone's Fat-Free Sour Cream |
| | 1 cup Kraft Fat-Free Shredded Cheddar Cheese |

Directions

1. Heat 1 tablespoon of oil in a large stock pot over medium-high heat. Crumble turkey into the pot, stirring with a wooden spoon to break apart as much as possible. Season with taco seasoning mix, coriander, oregano, chili flakes, and tomato paste, and mix until meat is evenly coated with seasonings. Continue cooking, reducing heat if necessary, until turkey is well browned.
2. Pour in beef broth, and simmer to reduce liquid slightly, about 5 minutes. Add salsa, tomatoes, and green chilies, and continue cooking at a moderate simmer for ten minutes. Adjust the thickness at any time you feel necessary by adding water.
3. While chili is still cooking, heat one tablespoon of oil in a large skillet over medium-high heat. Cook onion and green bell pepper, stirring occasionally for 5 minutes, or until onion is translucent and bell pepper is lightly browned. Add onion and bell pepper to the chili, and continue cooking at a very low simmer.
4. In the same skillet, heat the remaining tablespoon of oil over medium-high heat. Add the zucchini, and cook stirring occasionally, for 5 minutes, or until lightly browned. Add the zucchini to the chili, reduce heat, and continue cooking for 15 minutes more. Again, adjust the consistency with water as needed.
5. Ladle chili into serving bowls. Top with sour cream, green onion, and cheddar cheese, and serve.

Recipe Provided by Elizabeth M. Madison, Holiday Farms In-Store Registered Dietitian.

Want more recipes or meal planning ideas?

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