

Quick Chili Con Carne

Ingredients:

16 ounces kidney beans, canned
 1 pound ground turkey
 1/2 onion
 1 green pepper
 16 ounces tomatoes, canned,
 diced
 8 ounces tomato puree
 1/8 teaspoon garlic powder
 3 tablespoons chili powder
 1 teaspoon cumin

Equipment:

Cutting board
 Knife
 Non stick skillet
 Spatula
 Can opener

Number of Servings: 6
 Prep Time: 10 minutes
 Total Time: 30 minutes

Directions

1. Open beans and pour into colander. Rinse under running water to remove sodium. Set aside to drain.
2. Heat skillet to medium. Place ground turkey in skillet and use a spatula to break turkey into small pieces as it browns. Keep on stirring and breaking into small pieces until it is no longer pink. Once it is done, put browned turkey on a plate covered with several layers of paper towels to absorb fat. Drain fat from skillet and return to stove.
3. While turkey is cooking, cut the ends off of the onion, and peel off the brown layers. Cut onion in half and place flat side down. Slice into thin strips keeping onion together. Turn and slice again to dice.
4. Slice green pepper in half and remove seeds and stem. Slice into strips and then turn and slice again to dice. Add to skillet with onions.
5. When onions and peppers are done, add browned turkey to skillet. Add tomatoes, tomato puree, garlic powder, chili powder and cumin to skillet. Bring to a boil, cover and reduce heat.
6. Cook for 15 minutes. Serve with rice or noodles.

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Friend us on Facebook and
 follow us on Twitter

www.facebook.com/vafnp
www.twitter.com/vafnp

Nutrition Facts	
Serving Size: 1 cup	
Servings: 6	
Amount Per Serving	
Calories 225	Calories from Fat 63
%Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	9%
Cholesterol 60mg	20%
Sodium 635mg	22%
Total Carbohydrate 22g	7%
Dietary Fiber 6g	24%
Protein 19g	39%
Vitamin A 47%	Vitamin C 59%
Iron 20%	Calcium 8%

*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.