



Make Healthy Happen One Meal at a Time

TURKEY AND SWEET POTATO CHILI

- 1 - 3# (20.8 oz.). Lean Ground Turkey
- ½ cup Onion, (Spanish) chopped
- 6 cloves Garlic, crushed
- 10 oz. can Diced Tomatoes with Green Chilies
- 8 oz. can Low Sodium Tomato Sauce
- ¾-1 cup Water
- 1 packet Sodium Reduced Chili Seasoning
- 1 medium Sweet Potato, peeled and diced into ½ -inch cubes

Directions:

1. In a large skillet, brown turkey over medium-high heat, breaking it up as it cooks into smaller pieces.
2. When meat has reached 165°F add onion and garlic; cook 3 minutes over medium heat.
3. Add the can of tomatoes, chilies, sweet potato, tomato sauce, ¾ cup water, and chili packet.
4. Cover and simmer over medium-low heat for 45 minutes. (keeping internal temperature to at least 165°F) stirring occasionally. Add ¼ cup more water if needed.

Nutrition Facts:

Servings: 5

Serving Size: 1 cup

Amount per Serving:

Calories: 223 Fat: 8 grams Sodium: 505 (equivalent to less than ¼ tsp. salt)

Total Carbohydrate: 13 grams Protein: 23 grams

Cost per serving: Approximately \$1.75.

For another healthy option, substitute canned white, black, or kidney beans (low sodium) for part or all of the ground turkey.

For further reduction in sodium instead of chili packet use 2 tsp cumin, ½ tsp chili powder, 1 tsp paprika, and 4 bay leaves. (Remove bay leaves before serving)