

Ingredients:

- 1 lb. lean ground turkey, beef, or chicken
- 1 tbsp olive oil
- 2 large garlic cloves, minced
- 1/2 medium onion, diced
- 1 red bell pepper, diced
- 1 zucchini, diced
- 1 sweet potato, diced
- 1 carrot, diced
- 2 tbsp. chili powder
- 1 tbsp. cumin, ground
- 1 can tomato sauce + 1/2 can of water or broth
- 1 can crushed or petite diced tomatoes
- 1 can black beans, rinsed and drained
- 1 cup corn, frozen
- Dash of cayenne pepper
- Salt and pepper, to taste
- Optional Toppings: Diced avocado, chopped cilantro, shredded cheese, low-fat sour cream, or Greek yogurt and/or lime wedges for serving

Nutrition Facts

Serving Size 10 oz

Serves 6

Amount Per Serving	
Calories	359
% Daily Value*	
Total Fat 10.4g	13%
Saturated Fat 2.3g	
Polyunsaturated Fat 2.9g	
Monounsaturated Fat 4.2g	0%
Cholesterol 56mg	19%
Sodium 541.6mg	24%
Total Carbohydrate 46.9g	17%
Dietary Fiber 10.5g	37%
Sugars 8.7g	
Protein 24.6g	49%
<ul style="list-style-type: none"> • Vitamin A50% • Vitamin C66% • Calcium14% • Iron31% • Vitamin D3% • Magnesium22% • Potassium24% • Zinc32% • Phosphorus30% • Folic Acid (B9)22% 	

Preparation:

1. In a large pot, over medium heat, add the oil. Once the oil is hot, add ground meat, garlic, onions, bell peppers, sweet potatoes and carrots and sauté for 7-9 minutes or until meat is cooked and no longer pink.
2. Drain off excess fat and return the pot with meat and vegetable mixture to medium heat.
3. Add seasonings, tomato sauce, crushed tomatoes, beans, corn, and water. Bring to a boil over medium-high heat. Reduce heat to low, cover, and simmer for 15-20 minutes or until carrots and sweet potatoes are tender. Serve with toppings of choice.

Healthy Chef Tips:

No time...No problem! Try it in your slow cooker!

- Follow directions for the Stovetop version through Step 1.
- Add meat and vegetable mixture to slow cooker.
- Add remaining ingredients (except salt and pepper) and stir to combine.
- Cook on LOW for 8 hours or on HIGH for 4 hours. Serve with the delicious variety of optional toppings mentioned above!

Vegetarian version:

- Omit the meat and double up on your favorite variety of beans for a high fiber, protein packed, hearty vegetarian meal! Try garbanzo beans, great northern beans, navy beans, kidney beans, or even pinto beans!

Healthy Chesapeake


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www.healthychesapeake.org

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 HealthyChesapeake

 @HealthyChes757



Garden Chili

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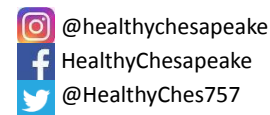
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