

Goode Foods™ Kidney Beans Chili with Turkey

Ingredients:

- 2 teaspoons olive oil
- 2 cans Goode Foods™ Kidney Beans, (rinsed & drained)
- 1 can Goode Foods™ Whole Corn, (rinsed & drained)
- 1 pound Perdue extra lean ground turkey
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 medium red bell pepper, chopped
- 4 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt, plus more to taste
- 1 (28-ounce) can diced tomatoes
- 1 1/4 cups chicken broth
- Optional toppings: cheese, avocado, tortilla chips, cilantro, sour cream

Directions:

- Place oil in a large pot and place over medium high heat. Add in onion, garlic and red pepper and sauté for 5-7 minutes, stirring frequently. Next add in ground turkey and break up the meat; cooking until no longer pink. Next add in chili powder, cumin, oregano, cayenne pepper and salt; stir for about 20 seconds.
- Next add in tomatoes, chicken broth, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together. Taste and adjust seasonings and salt as necessary. Garnish with anything you'd like.

Nutritional Information:

(Makes 6 Servings)

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| • 330 | Calories |
| • 5 g | Total Fat |
| • 49 mg | Cholesterol |
| • 710 mg | Sodium |
| • 41 g | Total Carbohydrate |
| • 12 g | Dietary Fiber |
| • 8 g | Sugar |
| • 31 g | Protein |

