

## Quick Easy Chili

Makes 6 Servings

Nutrients Per Serving:

220 Calories | 1.5g Fat (1.5g Saturated) | 26g Carbohydrates | 0g Added Sugar | 27g Protein | 160mg Sodium | 3g Fiber

### Equipment Needed

 <p>Electric skillet</p>	 <p>Turning spatula</p>	 <p>Can opener</p>	 <p>Mixing spoon</p>	 <p>Colander</p>
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### Ingredients Needed

*\*Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.\**

 <p>1 pound ground turkey</p>	 <p>2 (15 oz) cans of diced tomatoes with green chilis</p>	 <p>1 (16 oz) can kidney beans</p>	 <p>1 (15 ounce) can of tomato sauce</p>	 <p>1 package taco seasoning</p>	 <p>1-2 tablespoons water as needed</p>
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### Directions

(Tbsp = tablespoon, tsp = teaspoon)

<p>1</p>  <p>Wash hands.</p>	<p>2</p>  <p>Brown 1 pound ground turkey in skillet until beef is thoroughly cooked (160F).</p>	<p>3</p>  <p>In a colander, rinse kidney beans with water in the sink.</p>	<p>4</p>  <p>To the skillet with the cooked turkey add, 2 cans diced tomatoes and chilis 1 can drained and rinsed kidney beans, 1 can tomato sauce, and 1 package taco seasoning. Mix until well combined. Add additional water if needed. Bring to a boil, turn down heat and simmer for at least 10 minutes.</p>
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