

Chili

- 1 (16 ounces) can light red kidney beans*
- 1 onion
- 1 pound ground turkey
- 2 (14.5 ounces each) cans no added salt diced tomatoes (undrained)
- 1 tablespoon chili powder
- 1/2 teaspoon pepper

Makes 6 portions, 1 cup each

Per portion

Calories:	219
Carbohydrate:	21 grams
Protein:	19 grams
Fat:	7 grams
Saturated fat:	2 grams
Cholesterol:	60 milligrams
Sodium:	302 milligrams
Dietary fiber:	8 grams

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1. Rinse and drain kidney beans.
 2. Chop onion.
 3. Cook meat and onion in large saucepan, drain fat.
 4. Add all other ingredients and stir well, reduce heat.
 5. Cover and simmer 45 minutes.

*Can use dark red kidney beans