

Cooking with the DIETITIANS

TURKEY CHIPOTLE CHILI

Time: 45 minutes / Servings: 10

INGREDIENTS

2 Tbsp vegetable oil
1 lb lean ground turkey
1 large yellow onion, chopped
2 tsp paprika
1 Tbsp cumin
1 (6oz) can tomato paste
1 (28oz) can crushed tomatoes
1 (15oz) can diced tomatoes
2 (15oz) cans low-sodium black beans, drained and rinsed
1 green bell pepper, chopped
1 yellow or orange bell pepper, chopped
2-3 chipotle pepper in adobo sauce, diced
24oz low-sodium chicken broth



DIRECTIONS

1. Add 1 Tbsp of vegetable oil to a skillet over medium-high heat. Add ground turkey and cook until it is no longer pink. Set aside for later.
2. Add second Tbsp of vegetable oil into your large pot. Add chopped onions, paprika, and cumin. Add the rest of the ingredients, including ground turkey.
3. Simmer for 20-30 minutes. Stirring occasionally.
4. Enjoy!

NUTRITION FACTS (PER SERVING):

Calories – 279, Total Fat – 10g, Saturated Fat – 2g, Sodium – 443mg, Protein – 23g, Carbohydrates – 29g, Fiber – 10g, Vitamin A – 28%, Vitamin C – 88%, Calcium – 10%, Iron – 27%

A collaboration with USF Dining



STUDENT AFFAIRS
& STUDENT SUCCESS
UNIVERSITY OF SOUTH FLORIDA