

Healthy Children, Healthy Family

Tasty Turkey Chili



Makes: 12 servings of ½ cup each

Preparation time: 45 minutes

Ingredients:

- 1 ½ lbs of ground turkey
- ½ tsp garlic powder
- ½ tsp chili powder or cayenne
- ½ tsp black pepper
- ½ tsp dried parsley
- ½ tsp salt
- ½ tsp cumin
- 2 tsp olive oil
- 3 medium yellow bell peppers, in strips
- 2 medium red bell peppers, in strips
- 1 red onion, chopped
- 8 oz can of tomato sauce
- 3 sprigs of cilantro, chopped
- 4 lemons, in slices

Instructions:

- 1) Heat 1 tsp oil in large frying pan. Add turkey and all seasonings. Brown turkey and remove from pan.
- 2) Heat 1 tsp oil in the pan. Stir fry onion until tender. Add peppers and cook 2-3 minutes.
- 3) Add tomato sauce and turkey to peppers and onions. Stir in ½ cup water. Simmer for 20 minutes.
- 4) Serve with brown rice. Add lemon slices and cilantro.



Nutrition Facts

Serving Size (159g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 250mg	10%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 11g	
Vitamin A 20%	• Vitamin C 190%
Calcium 2%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

From the home of Judith Martinez

My Family's Goal: We will try our best to
