Quick Chili Con Carne

**Ingredients:**
- 16 ounces kidney beans, canned
- 1 pound ground turkey
- 1/2 onion
- 1 green pepper
- 16 ounces tomatoes, canned, diced
- 8 ounces tomato puree
- 1/8 teaspoon garlic powder
- 3 tablespoons chili powder
- 1 teaspoon cumin

**Equipment:**
- Cutting board
- Knife
- Non stick skillet
- Spatula
- Can opener

**Number of Servings:** 6
**Prep Time:** 10 minutes
**Total Time:** 30 minutes

**Directions**

1. Open beans and pour into colander. Rinse under running water to remove sodium. Set aside to drain.
2. Heat skillet to medium. Place ground turkey in skillet and use a spatula to break turkey into small pieces as it browns. Keep on stirring and breaking into small pieces until it is no longer pink. Once it is done, put browned turkey on a plate covered with several layers of paper towels to absorb fat. Drain fat from skillet and return to stove.
3. While turkey is cooking, cut the ends off of the onion, and peel off the brown layers. Cut onion in half and place flat side down. Slice into thin strips keeping onion together. Turn and slice again to dice.
4. Slice green pepper in half and remove seeds and stem. Slice into strips and then turn and slice again to dice. Add to skillet with onions.
5. When onions and peppers are done, add browned turkey to skillet. Add tomatoes, tomato puree, garlic powder, chili powder and cumin to skillet. Bring to a boil, cover and reduce heat.
6. Cook for 15 minutes. Serve with rice or noodles.