

Turkey Lentil Chili

Ingredients:

1/2 pound ground turkey
 1 small onion
 2 cups lentils, cooked,
 drained
 28 ounces low sodium
 tomatoes, canned
 1/4 teaspoon garlic
 powder
 1 tablespoon chili powder
 1/2 teaspoon ground
 cumin

Equipment:

Non stick skillet
 Cutting board
 Knife
 Spatula
 Measuring cups
 Measuring spoons
 Can opener

Number of Servings: 6
 Prep Time: 15 minutes
 Total Time: 1 hour & 15 minutes

Directions

1. Heat non stick skillet to medium. Spray with cooking spray.
2. 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. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces. Add to skillet.
4. When onions are tender, add turkey, garlic powder, lentils, tomatoes, chili powder, and cumin. Cook for about 1 hour until flavors are blended.
5. Serve hot, topped with your favorite chili toppings.

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Nutrition Facts

Serving Size: 1 cup	
Servings: 8	
Amount Per Serving	
Calories 168	Calories from Fat 36
%Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Cholesterol 30mg	10%
Sodium 63mg	3%
Total Carbohydrate 21g	7%
Dietary Fiber 7g	29%
Protein 14g	28%
Vitamin A 25%	Vitamin C 36%
Iron 21%	Calcium 6%

*Percent Daily Values are based on a 2,000 calorie diet.

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