

RECIPE



Ed Hartung's Quick & Easy Turkey Chili

2 lbs turkey breast, ground, skinless
2 T olive oil
4 medium onions
2 jalapeno peppers
8 cloves garlic
2 small cans diced tomatoes with sweet onion (Red Pack)
2 can dark kidney beans
Salt & pepper to taste

Sautee onions and garlic in a pan and cook until tender. Add turkey and cook until browned. Add canned tomatoes and drained kidney beans. Cook ½ hour on medium heat until bubbling.

Serve with chopped cilantro, Greek yogurt (fat free) and 1T shredded cheese

Makes approx 6-8, ¾ cup servings @ 277 calories, 34 g protein, 20 g carbs, 7 g fat