

# Savory Chili

Rinsing the beans and using no-salt-added tomatoes and tomato sauce helps reduce the sodium in this recipe.

## Ingredients:

- 1 Tablespoon canola oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 green bell pepper, diced
- 1 large carrot, peeled and diced
- 1 large zucchini, diced
- 1 pound 93 percent lean ground turkey
- 1 can (15 ounces) red kidney or pinto beans, well-rinsed and drained
- 1 can (8 ounces) no-salt-added tomato sauce
- 1 can (14.5 ounces) no-salt-added diced tomatoes
- 2 teaspoons Worcestershire sauce
- 1 teaspoon chili powder, or to taste

## Directions:

In a nonstick pan, brown the ground turkey until it is no longer pink in the center; set aside. In a large pot, heat the canola oil over medium heat. Add the onion and garlic and sauté for 3 to 4 minutes. Add the green pepper, carrot and zucchini, and sauté another 2 to 3 minutes. Add the cooked ground turkey, tomato sauce, diced tomatoes and beans, and heat through. Add the Worcestershire sauce. Taste for flavor. Add 1 teaspoon of chili powder or an amount to your liking.

*Makes 6 servings*



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