



Bristol's Health Equity Zone...

*Have you had your **AHA** moment?*



Turkey Chili

Ingredients

• 1 Cup Ground Turkey	296 calories
• 1 Small Bell Pepper	15 calories
• 1 Small Red Onion	29 calories
• 5oz Rotel Diced Tomatoes & Chili	12.5 calories
• 5oz Hunts Tomato Sauce	10 calories
• 7oz Red Kidney Beans	180 calories
• 1/2 Packet of McCormick Chili Seasoning	15 calories
• 1 Pinch of cayenne pepper	5 calories
• 1 Pinch of cumin	<u>2 calories</u>
	564.5 Calories Total for entire meal

Instructions:

- Lightly brown the ground turkey in a small sauté pan, and set aside
- Put drained kidney beans in bottom of glass Pyrex dish or crockpot
- Top beans with rotel tomatoes, and add your pinch of cumin and cayenne to taste
- Add ground turkey, pepper, peppers, and onions in layers
- Top with chili seasonings and hunts tomato sauce
- Cook on 300 degree for 3 hours covered stirring at half way point

ENJOY!

This dish was created and prepared by Courtney Poissant – Chef/Manager

The Common Pub and Grille

421 Wood Street, Bristol, Rhode Island