

Three-Alarm Chili



CHOICES
Steps Toward
Health

Serves 12

1 cup green bell pepper, chopped
1 cup onion, chopped
1/2 pound lean ground turkey
2 tablespoons chili powder
3 cloves garlic, minced, or 1/2 teaspoon
garlic powder
1/4 teaspoon ground red pepper
2 16-ounce cans tomatoes, stewed or diced
1 28-ounce can kidney beans, drained
1 10-ounce package frozen corn
1 cup uncooked pasta (optional)

TIPS:

- Wash hands in hot, soapy water after handling raw turkey.

1. Wash and chop green pepper and onion.
2. Cook turkey, green pepper, onion, chili powder, garlic, and red pepper in saucepan over medium heat for 5 minutes, or until vegetables are tender and turkey is no longer pink.
3. Add tomatoes, beans, corn, and macaroni and boil.
4. Reduce heat to low; simmer for 20 minutes.



- Lean ground turkey has less fat than beef.
- Serve with a green salad and whole-wheat rolls.
- Season to taste with chili powder.

Nutrition Facts: Serving size: 1 cup; Calories: 170; Fruits and Vegetables: 1 1/2; Fat: 2.5 g; Fiber: 5 g



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