

## Renee's Turkey Chili

3 – 15 oz cans of kidney or chili beans (no sauce) – rinsed  
2 – 15 oz cans of diced tomatoes  
1 – 15 oz cans of stewed tomatoes  
2 packages of ground turkey (try to get ground turkey breast – 99% fat free) – browned & drained \*\*\* or Substitute flavored textured soy vegetable protein or tofu for vegetarians  
½ - 1 onion  
2 red bell peppers  
1-2 green bell peppers (optional)  
1-2 cloves of garlic minced or pressed  
3 tablespoons chili powder (more if you like your chili spicy, if you really want spicy add some cayenne pepper or Tabasco sauce )  
Worcestershire Sauce - add to taste (only add a bit for flavor, there is a lot of sodium in W sauce)  
Ketchup – add to taste (I usually use about a 1/4 – 1/2 cup, it helps to thicken the sauce) careful not to use too much... there is a lot of sugar in ketchup...

### STEPS

Brown Turkey until fully cooked, drain off any fat  
Chop veggies  
Throw all ingredients into large pot/slow cooker and simmer

Total Estimated Servings in a 1 cup bowl:

1 Protein  
1 Category 1 Veggie  
1 Legume