Smoked Turkey Chili Verde

in a new light

Makes: 6 servings
Prep Time: 15 minutes
Cook Time: 55 minutes
Difficulty: Easy

Ingredients:

- 3/4 pound lean ground turkey breast
- 1 large onion, chopped
- 1 green bell pepper, chopped
- 3 garlic cloves, minced
- 1 (12-ounce) jar low-sodium tomatillo salsa (such as Garlic Survival Co.)
- 3/4 cup water
- 2 chipotle peppers in adobo sauce, chopped
- 1 teaspoon ground cumin
- 1 (15-ounce) can no-salt-added black beans, rinsed and drained
- 1/2 cup chopped fresh cilantro
- 6 tablespoons shredded reduced-fat Cheddar cheese
- 6 tablespoons thinly sliced scallions

Directions:

Spray a large nonstick saucepan with cooking spray and set over medium-high heat. Add the turkey, onion, bell pepper, and garlic; cook, breaking up the turkey with a wooden spoon, stirring occasionally, until the turkey is browned and the vegetables are softened, about 10 minutes.

Add salsa, water, chipotle peppers, and cumin; bring to a boil. Reduce heat and simmer, covered, until the flavors are blended and the chili thickens slightly, about 30 minutes. Stir in beans; return to a boil. Reduce heat and simmer until heated through, about 5 minutes. Remove from the heat; stir in cilantro.

Ladle the chili into serving bowls; top each serving with 1 tablespoon of cheese and 1 tablespoon of scallions.

Nutritional Information: Per serving (1 cup): 190 calories, 2.5 g fat (1 g saturated, 0 g trans), 25 mg cholesterol, 150 mg sodium, 21 g carbohydrate, 6 g fiber, 20 g protein.