

Turkey Chili

Yield: 12 servings (4 oz per serving)

Ingredients:

3 lbs ground turkey, 93% lean
½ cup diced onions
½ cup diced yellow bell pepper
½ cup diced red bell pepper
½ cup diced orange bell pepper
2 Tbs chili powder
1 Tbs Mrs. Dash Salt Free Garlic and Herb Seasoning
1 (13 oz) bolt Heinz reduced sugar ketchup



Directions:

In a large pot, sauté onion and bell peppers until onion is lightly browned. Add ground turkey and brown. Add Mrs. Dash and let simmer 15-20 minutes, stirring occasionally. Add ketchup and let cool to taste. Serve over cooked spaghetti squash.

Nutrition

Calories	180
Total Fat	8g
Sat Fat	2.5g
Chol	80.0mg
Carb	4.3g
Fiber	0.5g
Protein	22.2g