

LESSON 7: GUT HEALTH

Chili

INGREDIENTS

- 1 TBSP olive oil
- 1 small onion, chopped
- 1 bell pepper, chopped
- 1 lb ground turkey
- 1 can (15 oz) tomato sauce
- 1 can (15 oz) crushed tomatoes
- 1 cup water
- 1 can (15 oz) red beans, rinsed and drained
- 2 TBSP chili powder
- 1 teaspoon ground cumin
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- salt and pepper to taste
- ½ cup cheddar cheese, shredded
- 1 cup cherry tomatoes, quartered



MAKES 4 SERVINGS

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	552.1 kcal	28 %
Total Fat	23.8 g	37 %
Saturated Fat	6.9 g	35 %
Trans Fat	0.3 g	
Cholesterol	131.9 mg	44 %
Sodium	915.4 mg	38 %
Total Carbohydrate	43.3 g	14 %
Dietary Fiber	12 g	48 %
Sugars	14.9 g	
Protein	46.8 g	94 %
Vitamin A	13 %	Vitamin C 76 %
Calcium	28 %	Iron 39 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

DIRECTIONS

- 1 Heat oil in a medium stockpot, over medium high heat until oil shimmers.
- 2 Stir in onion and bell pepper. Cook until soft, about 3 minutes.
- 3 Add in ground turkey and cook, breaking up meat with a spatula or wooden spoon, until meat is cooked through and no longer pink.
- 4 Stir in tomato sauce and crushed tomatoes, water, beans and seasonings.
- 5 Increase heat and simmer chili for 15–30 minutes until slightly thickened.
- 6 Garnish with cheese and tomatoes.