

Chili



Sweet Potato Turkey Chili

INGREDIENTS:

- 1 1/2 lbs ground turkey, 93% lean
- 3 cloves garlic
- 1 cup, chopped onion
- 2 sweet potatoes, peeled and diced (3-4 cups)
- 1 can vegetable broth
- 1 medium green bell pepper, chopped
- 1 medium zucchini, diced
- 1 can black beans, drained and rinsed
- 1 can fire-roasted diced tomatoes
- 1 8 oz. can tomato sauce
- 3 Tbsp chili powder
- 1 tsp oregano
- 1 tsp paprika
- 1/8 tsp cinnamon
- 1/2 tsp cayenne pepper

DIRECTIONS:

In a crock pot, layer tomatoes first, then raw ground turkey meat, diced/chopped vegetables, broth, spices and beans.

Stir occasionally as the meat begins to cook (to avoid large clumps of meat).

Cook on the high setting for four hours or on low setting for six to eight hours.

SERVING SIZE:

Eight one-cup servings

NUTRITION FACTS:

Calories: 248.4; Total Fat: 6.9g; Total Carbohydrates: 26.6g; Dietary Fiber: 7.1g; Protein: 21.7g



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