



Turkey Burger Chili from Hungry Girl Fast & Easy



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1/5th of recipe (about 1 cup): 215 calories, 1g total fat (0g sat. fat), 631mg sodium, 29.5g carbs, 7.5g fiber, 10.5g sugars, 23g protein

Prep: 10 minutes **Cook:** 10 minutes



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Ingredients

12 oz. raw extra-lean ground turkey (at least 98% lean)
1 cup chopped bell pepper
1 cup chopped onion
2 tsp. chili seasoning
One 15-oz. can red kidney beans, drained and rinsed
One 14.5-oz. can diced tomatoes (not drained)
1 cup canned crushed tomatoes
3 tbsp. ketchup
1 tablespoon chopped garlic
2 tsp. yellow mustard
Optional topping: chopped pickles

Directions

Bring a large pot sprayed with nonstick spray to medium-high heat. Add turkey, pepper, onion, and 1 tsp. chili seasoning. Cook and crumble until turkey is fully cooked and veggies have mostly softened, about 7 minutes.

Add remaining ingredients, including remaining 1 tsp. chili seasoning. Stirring occasionally, cook until veggies are tender and chili is hot and well mixed, about 2 minutes.

MAKES 5 SERVINGS

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