

Turkey Black Bean Chili

Portion Size: 8 fl oz

Yield: 8

Ingredients:

Black Bean, dry	3 oz	Cumin	2 ½ tsp
Ground Turkey, 93% lean	1 lb	Dried Oregano	½ tsp
Canola Oil	1 ¼ tsp	Worcestershire Sauce	2 ½ tsp
Green Bell Pepper, chopped	1 ¼ cup	Canned Crushed Tomatoes	2 ½ cup
Yellow Onion, chopped	1 ¼ cup	Salt	¼ tsp
Garlic, chopped	2 TBSP	Black Pepper	1/8 tsp
Low Sodium Chicken Broth	1 ¾ cup	Cilantro, chopped	2 TBSP
Cayenne Pepper	¼ tsp		
Chili Powder	2 TBSP		

Preparation:

1. Soak beans in water overnight. Bring beans to a boil in water, then reduce heat and simmer until tender. Drain and set aside.
2. In a hot kettle, brown turkey in oil until cooked through.
3. Add peppers, onions and garlic and sauté 10 minutes. Drain off excess fat.
4. Add broth, cayenne pepper, chili powder, cumin, oregano, Worcestershire, tomatoes, salt and pepper to turkey mixture. Mix and simmer for 20-30 minutes. Add cooked beans and heat through.
5. Garnish with cilantro.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
180	17	18	6	6	6	1	420



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