

Turkey Chili

1 tsp vegetable oil
1 large onion chopped
½ tsp minced garlic (2 med cloves, minced)
2 medium carrots, thinly sliced into rounds
1 lb. lean ground turkey
1 Tbsp chili powder
1 Tbsp paprika
1 tsp ground cumin
1 ½ tsp red pepper
2 medium tomatoes, chopped
1 cup canned tomato sauce
1 cup fat-free chicken broth
1 ½ Tbsp apple cider vinegar
1 ½ cup kidney beans, rinsed and drained
1 medium bell pepper chopped
½ tsp salt and 1/8 tsp pepper to taste

Heat a large pot coated with cooking spray over medium heat. Add oil and onion. Saute until soft. Add garlic and carrots. Heat till softened. Add turkey and brown the meat for 5 minutes. Stir to break up lumps. Add other ingredients, except beans and bell pepper. Bring to a boil and reduce heat. Cover and simmer until meat is tender (30 to 45 minutes). Add beans and pepper, simmer uncovered until peppers are done, about 10 minutes. Season to taste.