

Easy Turkey Chili

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



6

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce black beans rinsed drained canned
- 15 ounce kidney beans rinsed drained canned
- 28 ounce canned tomatoes crushed canned
- 2 cups chicken broth
- 2.5 tablespoons chili powder
- 1 tablespoon garlic minced
- 0.5 teaspoon ground cumin
- 6 servings salt and ground pepper black to taste

- 1 pound pd of ground turkey
- 0.5 onion chopped
- 1 teaspoon oregano dried
- 1 teaspoon paprika
- 16 ounce refried beans canned
- 1 teaspoon vegetable oil

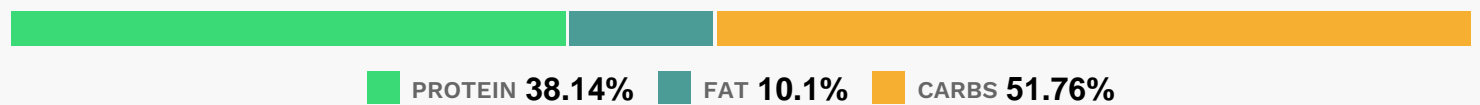
Equipment

- bowl
- pot

Directions

- Heat vegetable oil in a large pot over medium-high heat and stir in the ground turkey. Cook and stir until the turkey is crumbly, evenly browned, and no longer pink.
- Drain and discard any excess grease. Stir in the onion; cook and stir until the onion is tender, about 5 minutes.
- Add the chicken broth, tomatoes, black beans, kidney beans, refried beans, garlic, chili powder, paprika, oregano, cumin, salt, and black pepper. Bring to a boil, then reduce heat to low. Cover and simmer for 30 minutes.
- Sprinkle each bowl with a teaspoon of Cheddar cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:8.52, Inflammation Score:-9, Nutrition Score:26.42434754579%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 328.64kcal (16.43%), Fat: 3.81g (5.86%), Saturated Fat: 0.75g (4.71%), Carbohydrates: 43.93g (14.64%), Net Carbohydrates: 27.95g (10.16%), Sugar: 10.05g (11.17%), Cholesterol: 43.15mg (14.38%), Sodium: 1447.96mg (62.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.37g (64.73%), Fiber: 15.98g (63.92%), Vitamin B6: 1.05mg (52.55%), Vitamin B3: 10.38mg (51.91%), Manganese: 0.79mg (39.25%), Phosphorus: 385.98mg (38.6%), Iron: 6.2mg (34.46%), Potassium: 1127.15mg (32.2%), Vitamin A: 1531.64IU (30.63%), Copper: 0.59mg (29.31%), Selenium: 20.48µg (29.26%), Magnesium: 103.73mg (25.93%), Vitamin B1: 0.35mg (23.66%), Folate: 88.61µg (22.15%), Vitamin B2: 0.37mg (21.69%), Vitamin E: 3.25mg (21.68%), Vitamin C: 15.79mg (19.14%), Zinc: 2.77mg (18.48%), Vitamin K: 17.39µg (16.56%), Calcium: 144.29mg (14.43%), Vitamin B5: 1.32mg (13.24%), Vitamin B12: 0.4µg (6.69%), Vitamin D: 0.3µg (2.02%)