



Seriously, The Best Healthy Turkey Chili



Healthy turkey chili made with lean ground turkey, kidney beans and corn. This version is simply the **BEST!** Perfectly spiced and packed with plenty of protein and fiber. Can be made on the stovetop or in your slow cooker.

Course Chili, Dairy Free, Dinner, Gluten Free, Lunch
Cuisine American

Keyword healthy turkey chili

Prep Time 10 minutes

Cook Time 45 minutes

Total Time 55 minutes

Servings 6 servings

Calories 336 kcal

Author Monique Volz of AmbitiousKitchen.com

Ingredients

- 2 teaspoons olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 medium red bell pepper, chopped
- 1 pound extra lean ground turkey or chicken (99%)
- 4 tablespoons chili powder* (I used McCormick chili powder - please read the notes section on this)
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt, plus more to taste
- 1 (28-ounce) can diced tomatoes or crushed tomatoes
- 1 1/4 cups chicken broth
- 2 (15 oz) cans dark red kidney beans, rinsed and drained
- 1 (15 oz) can sweet corn, rinsed and drained
- For topping: cheese, avocado, tortilla chips, cilantro, sour cream

Instructions

1. Place oil in a large pot and place over medium high heat. Add in onion, garlic and red pepper and saute for 5-7 minutes, stirring frequently.
2. Add in ground turkey and break up the meat; cooking until no longer pink. Next add in chili powder, cumin, oregano, cayenne pepper and salt; stir for about 20 seconds.
3. Next add in tomatoes, chicken broth, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together. Taste and adjust seasonings and salt as necessary.
4. Garnish with anything you'd like. Makes 6 servings, about 1 1/2 cups each.

Recipe Notes

*I've gotten a few comments about the chili being too spicy -- I used McCormick's Chili Powder in this recipe, which is very mild. You should not use a spicy chili powder. If you're using something else, I would start with 2-3 tablespoons instead of 4.

Provided by: Human Resources

<https://www.ambitiouskitchen.com/seriously-the-best-healthy-turkey-chili/>

To make this recipe in the slow cooker: Reduce the chicken broth to 1/2 cup and brown the turkey and onions before adding to the slow cooker. Cook it on high for 3-4 hours or on low for 6-7 hours. This is an awesome tailgating or football party recipe!

Nutrition Facts

Seriously, The Best Healthy Turkey Chili

Amount Per Serving (1.5 cups)

Calories	336	Calories from Fat	33
% Daily Value*			
Fat	3.7g	6%	
Carbohydrates	46.7g	16%	
Fiber	17.4g	73%	
Sugar	9.5g	11%	
Protein	31.8g	64%	

* Percent Daily Values are based on a 2000 calorie diet.