



Firehouse Corn and Two Bean Chili

A filling and hearty chili made with or without turkey.

Makes 6 large servings

1 lb. ground lean turkey meat (optional)

- 1 tsp. canola oil
 - 2 garlic cloves, minced
 - 1 Tbsp. ground cumin
 - 3/4 tsp. salt
 - 2 (14.5-ounce) cans low sodium diced tomatoes, undrained
 - 1 1/2 C. coarsely chopped zucchini
 - 1 C. water
 - 1 Tbsp. finely chopped canned chipotle chili in adobo sauce (optional)
 - 1 (15-ounce) can kidney beans, rinsed and drained
 - 1 (15-ounce) can black beans, rinsed and drained
- Garnish with a dollop of fat-free sour cream, and chopped green onions.

1 1/2 C. chopped onion

1 Tbsp. chili powder

1 tsp. oregano

2 C. frozen corn

If adding turkey, cook ground turkey in a large pot over medium-high heat until lightly browned. Drain well; set aside.

- In a large pot add canola oil and heat pan over medium-high heat. Add chopped onion to sauté 4 minutes or until tender. Add garlic; sauté 30 seconds. Add chili powder, cumin, oregano, and salt; sauté 30 seconds. Stir in corn and tomatoes; bring to a boil. Reduce heat, and simmer 3 minutes, stirring occasionally.
- Stir in zucchini, water, chipotle chili, and beans; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until zucchini is tender.

Recipe adapted from Cooking Light, APRIL 2005

Nutritional information with turkey:

Total Calories 400	Total fat 6g
Saturated fat 1.5g	Carbohydrates: 57g
Dietary Fiber: 13g	Protein: 32g

Nutritional information without turkey:

Total Calories: 290	Total Fat: 2.6g
Saturated Fat: 0g	Carbohydrates: 57g
Dietary Fiber: 13g	Protein: 16g