



Turkey Corn Chili

6 servings

- 1 Tbsp. olive oil
- 1 medium onion, chopped
- 1 large bell pepper, red or green, chopped
- 1 jalapeno pepper, seeded and chopped (optional)
- 1 bay leaf, fresh or dried
- 2 cups light and dark cooked turkey meat, diced
- 1 ½ - 2 Tbsp. chili powder
- 1 ½ - 2 Tbsp. ground cumin
- ½ - 1 tsp. (several drops) cayenne pepper sauce
- 2 cups frozen corn kernels or leftover prepared corn
- 1 (32-ounce) can chunky style crushed tomatoes
- 1-2 cups prepared chicken stock or broth, paper container or canned

Garnish: chopped green onions, reduced fat cheese or reduced fat sour cream

- Heat a deep pot over medium heat. Add oil to your pot. Add bay leaf and cook vegetables 5 minutes, stirring frequently, reducing heat if veggies start to stick. Stir in diced turkey meat and season with chili powder, cumin, and cayenne sauce. Add corn, tomatoes, and broth. Combine your chili well, adjust seasonings, reduce heat to medium low, and simmer for 7 to 10 minutes. Taste and season with salt.

Recipe adapted from *Food Network, Rachel Ray*

Nutritional information:

Calories: 170	Total fat: 20g
Saturated fat: 1g	Carbohydrate: 20g
Fiber: 5g	Protein: 11g