

TURKEY TACO CHILI

heart healthy and heart warming

PREPARATION

Sweat onions, garlic, green bell pepper and shallots with Extra Virgin Olive Oil in a heavy pot over moderately low heat, stirring occasionally, until softened, 10 to 12 minutes. Try not to brown, we're just looking to get the flavors out here. Drain all juices from kidney and black beans in the sink and add to pot. Then add the 2 cans of tomatoes, chili beans, enchilada sauce and taco seasoning, stir and cover.

In the meantime, brown turkey in a separate pan and drain fat in a strainer - Then add to the pot of goodness, cover and let cook for at least 2 hours, stirring occasionally. Crock pots are ideal for this recipe, but not necessary. If you have one, make the taco chili in the A.M. and let the aroma linger throughout your house all day! Then pick up a good book or movie from Blockbuster and get in some Rest and Relaxation.



NEEDED

- 3 lbs quality ground turkey
- 1 medium onion, chopped (2 cups)
- 1 medium green bell pepper
- 4 shallots chopped (1 cup)
- 2 large garlic cloves, minced
- 2 cans (12 oz) fire roasted tomatoes (low/no sodium)
- 1 can (organic if available) kidney beans
- 1 can (organic if available) black beans
- 1 can (organic if available) chili beans
- 1 packet of taco seasoning (low sodium)
- 1 can of enchilada sauce (6-8oz)

why

Beans - rich in high quality protein and fiber which help whisk away cholesterol out of body and holds blood sugar levels.

Turkey - low in artery-clogging saturated fat, and their protein keeps food cravings (and the risk of overeating) at bay

Cottage cheese is an excellent source of protein and perfect substitute for sour cream and other high fat cheeses

TOPPINGS

(your choice really)

keep it healthy with:

- cottage cheese
- red onion (diced)
- avocado
- blue corn chips

