



## Turkey and Veggie Chili

**Yield: 8 Servings**

**Cost Per Serving: N/A**

**Cook Time: 30 minutes**

### Ingredients:

- Cooking spray
- 1 small onion, diced
- 2 medium carrots, diced
- 1 medium zucchini (6 oz), diced
- 1 clove garlic, minced
- 16 oz lean ground turkey
- 1 (14.5 oz) can no salt-added diced tomatoes
- 1 (28 oz) can no salt-added crushed tomatoes
- 1 (15.8 oz) can great Northern beans, rinsed and drained
- 1 (15.25 oz) can no salt-added kidney beans, rinsed and drained
- ½ tsp ground black pepper
- 1 Tbsp chili powder
- 1 tsp cumin
- 1 tsp garlic powder

### Directions:

1. Spray a large soup pot with cooking spray.
2. Add the onions, carrots, and zucchini, and sauté over medium-high heat for 3-4 minutes or until the onions turn clear.
3. Add the garlic and sauté 30 more seconds.
4. Add the ground turkey and cook until brown.
5. Add the remaining ingredients; mix well and bring the chili to a boil.
6. Reduce the heat and simmer for 15-20 minutes.