

BRC Healthy Meal of the Week

Ancho Turkey Chili - Another Healthy and Delicious, Well Balanced Meal Under 300 Calories!

Ingredients (6)

Total Prep Time 25 minutes

3 rehydrated ancho chili peppers, stemmed and seeded
2 cloves garlic
1/2 teaspoon sweet paprika
1/2 teaspoon ground cumin
1/4 teaspoon ground cloves
1 teaspoon freshly ground black pepper
1 teaspoon salt
1 1/2 cups chopped tomatoes, fresh or canned
1 tablespoon olive oil
1 pound ground turkey
1 onion, chopped
3 cups low-sodium turkey or chicken broth
2 ears corn, husked
1 16-ounce can cannellini beans, drained and rinsed

Cooking Instructions—Total Cooking Time 90 minutes

1. Combine the ancho peppers, garlic, paprika, cumin, clove, [black pepper](#), salt and 1/2 cup of the tomatoes in a food processor. Set aside.
2. In a large skillet or soup pot, heat the [olive oil](#) over high heat.
3. Add the turkey and brown it, while breaking the meat into small chunks with a wooden spoon.
4. Add the onion, lower the heat to medium and cook for 5 minutes. Add the ancho chili mixture and cook for 5 more minutes.
5. Add the remaining [tomatoes](#) and broth and simmer for 30 minutes.
6. Meanwhile, roast the ears of corn under a hot broiler until the corn is golden brown, about 8 to 10 minutes. Let the corn cool and cut the kernels from the cob.
7. Add the corn and beans to the turkey mixture, heat thoroughly and serve.

Nutrition Facts (One Serving Size is About 1 1/2 to 2 Cups of Chili)

- Calories 177
- Protein 21 g
- Total Carbohydrate 13 g
- Dietary Fiber 4 g
- Soluble Fiber 0 g
- Sugar 4 g
- Total Fat 4 g
- Saturated Fat 1 g
- Monounsaturated Fat 2 g
- Polyunsaturated Fat 1 g

