

## Turkey Chili

- 1 ½ teaspoons Coconut Oil
- 1 ½ lb ground turkey
- 1 medium onion, chopped
- 2 cups Chicken broth (Low sodium)
- 1 (28 ounce) can canned crushed tomatoes
- 1 can (16 oz) chick peas - drained
- 1 can (16 oz kidney beans, drained and rinsed
- 3 tablespoons chili powder
- ½ teaspoon paprika
- ½ teaspoon dried oregano
- ½ teaspoon ground cayenne pepper
- ½ teaspoon salt
- ½ teaspoon ground black pepper



### Directions:

Heat the oil in a large pot over medium heat. Place turkey in the pot and cook until evenly brown.

Stir in onion and cook until tender

Pour broth into the pot. Mix in tomatoes, kidney beans, and chick peas, Chili powder, paprika, oregano, cayenne pepper, salt, and pepper. Bring to a boil. Reduce heat to low, cover, and simmer 45-60minutes

Calories Per Serving 300 (1 serving is ¼ of the mixture or 1 ½ cups)

Protein 20g

Carbs 19g