

Turkey, Sweet Potato, & Kidney Bean Chili

Servings: 6

Diet: Gluten-Free

Ingredients

- 3 tablespoons oil
- 1 large onion, chopped
- ¼ cup tomato paste
- 2 tablespoons chili powder
- 1 pound ground turkey
- 1 pound sweet potatoes, peeled and diced
- 1 (15 ounce) can kidney beans, no salt added, drained and rinsed
- ½ teaspoon salt

Instructions

STEP 1: Heat oil in a large pot over medium heat. Add onions and cook until lightly browned, about 5 minutes. Add the tomato paste and chili powder and cook for 2 minutes, stirring often.

STEP 2: Add the turkey and cook about 10 minutes until browned, breaking into small pieces.

STEP 3: Add 2 cups water and bring to a boil, then add the sweet potatoes. Reduce heat to low, cover, and simmer until potatoes are tender, about 15 to 20 minutes.

STEP 3: Stir in the beans and salt and heat through. Add more chili powder to taste, and enjoy with brown rice.



- **Ingredient Swap:** Any beans will work! Try red, pinto or kidney. Don't have ground turkey? Try with ground chicken!
- **Shopping Tip:** Choose low salt/no salt added canned foods. If not available, draining and rinsing can reduce the salt content up to 40%!



Per Serving: 370 Calories | 33g Carbs | 7g Sugar | 9g Fiber | 16g Fat (3g Sat Fat) | 27g Protein | 570mg Sodium
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