

The Texas Two-Step Chili

2 pounds of lean ground Turkey

28 ounces crushed tomatoes

1 quart stewed, diced tomatoes

¼ cup chili powder

1 tablespoon garlic powder

1 tablespoon sugar

1 tablespoon onion powder

½ teaspoon paprika

1 ½ teaspoon ground cumin

1 ¼ teaspoon salt

¼ teaspoon cayenne pepper

Brown 2 pounds of lean, ground turkey over medium high heat and then drain. Add crushed and diced tomatoes and all seasonings. Mix well, cover and simmer of medium low heat for 30 minutes, stirring occasionally.

Yields 8 servings

264 calories per serving

David Wingard

Cherokee

Senior - Protein