

Apple Pumpkin Turkey Chili



NUTRITION INFORMATION:

SERVING SIZE: 4

TOTAL SERVINGS: 8

CALORIES: 30

SAUCE CALORIES: 20

WW POINTS: 0 SP

SAUCE WW POINTS: 1 SP

INGREDIENTS:

1 sweet apple, chopped

1 medium onion, chopped

1 large bell pepper (any color or mix of colors)

1 tbsp oil

1 tsp garlic, minced

1 lb. 99% fat free ground turkey

1 15 oz. can 100% pumpkin

1 10 oz can Rotel Original Diced Tomatoes & Chilies

1 19 oz. can Cannellini beans (white kidney beans)

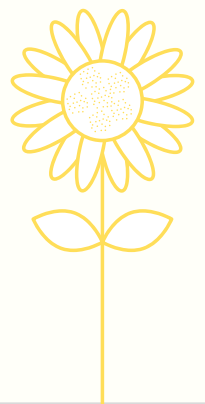
1 cup fat free chicken broth

1 tsp chili powder

1 tsp salt

½ tsp black pepper

Optional garnishes: Good Thins Sea Salt Corn Crackers, low fat shredded cheddar cheese, and/or light sour cream (adjust for points/calories).



CONTINUED ON NEXT PAGE

WWW.LIGHTENEDUPLIFE.COM

Apple Pumpkin Turkey Chili

DIRECTIONS

In an extra large pan, add oil on medium heat. Add apples, onions, and peppers, then saute about 10 minutes until soft. Stir in garlic.

Add turkey, breaking it up into small pieces as it cooks, until no longer pink. Next, add in the Rotel, pumpkin, and chicken broth. Mix well, then gently fold in the beans so they don't break apart.

When everything is thoroughly combined, stir in the spices. Simmer covered on low heat for at 30 minutes, stirring occasionally. Taste and adjust the spices to your liking if you'd like more.

Serve on it's own or with crackers, shredded cheese, or light sour cream.

Eat and Enjoy (and go back for seconds if you want!)

