



Courtesy of Fitmencook.com

## Spicy Turkey Chili

### Ingredients:

5 oz extra-lean ground turkey  
3/4 cup black beans (low sodium)  
1/2 cup corn (steamed or low sodium canned)  
1 packet McCormick's Chili (low sodium)  
1/3 cup tomato paste  
1/3 cup diced tomatoes  
1/4 cup chopped fresh basil (optional)  
1 jalapeno pepper (diced, optional)  
Seasonings to taste: 1/2 tbsp paprika, cumin, cayenne, pepper  
*Cheese (optional): 1 oz goat, feta, or low-fat mozzarella cheese*

### Directions:

1. Season ground turkey with paprika, cumin, cayenne, and pepper.
2. Set a skillet on medium heat and lightly spray with coconut oil. Add meat.
3. Chop the meat as it cooks in the skillet using a spatula. When the meat is nearly 80% finished cooking, toss in 1 serving of McCormick's chili seasoning and tomato paste. Stir.
4. Add black beans (with some juice), corn, basil, and any other veggie. Yes, it's OK to use frozen veggies!
5. Reduce the skillet to low heat and cover. Let it simmer and cook for 8-10 minutes.
6. Remove the skillet from the heat and let it cool. Top with cheese if desired.

### Nutrition Facts:

Calories: 395  
Total Fat: 3 g  
Total Carb: 50 g  
Protein: 46 g

