

# Rain's Turkey Chili

**Makes:** 10 Servings

“This chili is a vegetable-packed super food that follows MyPlate guidelines,” says Rain. “Vegetables make up 50% of each serving, the turkey 25%. My secret ingredient, oats, makes up the grain, and completes this great tasting, healthy meal.” Rain recommends that this turkey chili be served with baked tortilla chips and apple slices.

## Ingredients

- 2 tablespoons** olive oil
- 1 pound** lean ground turkey
- 1** medium red bell pepper, deseeded and diced
- 1** small zucchini, diced
- 1** white onion, peeled and diced
- 1 cup** carrots, peeled and diced
- 3** kale leaves with stems removed, chopped finely
- 2** (14.5 oz) cans fire-roasted diced tomatoes in juice
- 1** (15-ounce) can dark red kidney beans, drained and rinsed
- 1** (15-ounce) can pinto beans, drained and rinsed
- 4 cups** low-sodium chicken broth
- 1 cup** old-fashioned rolled oats
- 2 tablespoons** chili powder (or to taste)
- 1 tablespoon** honey
- 1** garlic clove, peeled and minced
- 1 teaspoon** onion powder
- 1 teaspoon** ground cumin
- 2 teaspoons** dried oregano
- 1 teaspoon** salt
- 1/2 teaspoon** pepper

## Directions

1. **In a large stockpot**, heat the olive oil over medium heat. Add the turkey and cook, breaking up the meat with a wooden spoon for about 12 minutes, or until light brown



## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>288</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	2 g
Cholesterol	33 mg
<b>Sodium</b>	<b>576 mg</b>
<b>Total Carbohydrate</b>	<b>40 g</b>
Dietary Fiber	8 g
Total Sugars	7
Added Sugars included	2 g
<b>Protein</b>	<b>23 g</b>

and cooked through.

2. **Add the vegetables to the stockpot**, cover, and cook for 10 minutes. Add the remaining ingredients, reduce the heat to low, and simmer for 40 minutes. Enjoy your delicious chili!

The 2015 Healthy Lunchtime Challenge Cookbook