

## **Taco Chili**

### Ingredients:

- Cooking spray
- 1.3 lbs. 99% lean ground turkey
- 1 medium onion, chopped
- 1 bell pepper, chopped
- 10 oz can rotel tomatoes with green chilies
- 15 oz canned or frozen corn, drained
- 15 oz no salt added kidney beans, drained
- 8 oz tomato sauce
- 16 oz fat free refried beans
- 1 packet low-sodium taco seasoning
- 2 ½ cups less-sodium chicken broth

### Directions:

- Spray a large pot with cooking spray then brown the turkey over medium heat, breaking up with a wooden spoon as it cooks. When cooked through, add the onions and pepper and cook 2-3 minutes. Add tomatoes, corn, beans, tomato sauce, re-fried beans, taco seasoning and chicken broth. Bring to a boil, cover and simmer about 10-15 minutes.
- Serve with your favorite toppings such as low fat sour cream, jalapeños, reduced fat cheese, chopped scallions, onions or chopped fresh cilantro. Freeze leftovers in individual portions for future meals.