Turkey and Spinach Chili

Yield: 6 servings
Prep Time: 15 minutes
Total Time: 45 minutes

Ingredients
- 1 medium onion
- 2 cloves garlic
- 1 Tablespoon olive oil or canola oil
- 1 pound 93% lean ground turkey
- 1 (28 ounce) can crushed tomatoes, no added salt
- 1 (16 ounce) can red kidney beans
- 2 Tablespoons chili powder
- 1 teaspoon ground cumin
- 1 (10-ounce) box of frozen chopped spinach

Preparation Instructions
1. Prep ingredients: Chop onion and garlic, defrost spinach and drain and rinse beans.
2. Heat oil in a large pot over medium heat. Add turkey and onions to the pot and cook until turkey is browned and onions are tender.
3. Add garlic to the pot and cook for 1 minute.
4. Add remainder of ingredients to the turkey and onions and bring to a boil. Reduce heat to low, cover and simmer for 30 minutes.
5. If desired, serve with your favorite toppings.

Nutrition Analysis
Per serving: 230 calories; 4g fat (2g saturated, 0g trans); 30mg cholesterol; 300mg sodium; 25g carbohydrate (9g dietary fiber; 6g sugar); 27g protein.
Vitamin A 110%, Vitamin C 6%, Calcium 10%, Iron 15% Daily Value.

Cost
Per serving: $1.95

Optional toppings:
- 1/3 cup low-fat plain Greek yogurt or light sour cream
- 1/3 cup reduced fat shredded cheese
- 1 oz diced avocado