

Seriously, The Best Healthy Turkey Chili

Prep time

10 mins

Cook time

45 mins

Total time55 mins

Incredible, perfectly spiced healthy turkey chili made with plenty of spices, kidney beans, tomatoes, onion and corn. This version is simply the BEST!

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Recipe type: Chili, Healthy, Dinner, Gluten Free

Serves: 6 servings

Ingredients

- 2 teaspoons olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 medium red bell pepper, chopped
- 1 pound extra lean ground turkey or chicken (99%)
- 4 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt, plus more to taste
- 1 (28-ounce) can diced tomatoes or crushed tomatoes
- 1 1/4 cups low-sodium chicken broth
- 2 (15 oz) cans dark red kidney beans, rinsed and drained
- 1 (15 oz) can sweet corn, rinsed and drained
- For topping: cheese, avocado, tortilla chips, cilantro, sour cream

Instructions

1. Place oil in a large pot and place over medium high heat. Add in onion, garlic and red pepper and saute for 5-7 minutes, stirring frequently. Next add in ground turkey and break up the meat; cooking until no longer pink. Next add in chili powder, cumin, oregano, cayenne pepper and salt; stir for about 20 seconds.
2. Next add in tomatoes, chicken broth, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together. Taste and adjust seasonings and salt as necessary. Garnish with anything you'd like.
3. Makes 6 servings, about 1 1/2 cups each.

Notes

To make this recipe in the slow cooker: Reduce the chicken broth to 1/2 cup and brown the turkey and onions before adding to the slow cooker. This is an awesome tailgating or football party recipe!

Nutrition Information

Serving size: 1/6th of recipe Calories: 336 Fat: 3.7g Carbohydrates: 46.7g Sugar: 9.5g Fiber: 17.4g Protein: 31.8g

Recipe by Ambitious Kitchen at <https://www.ambitiouskitchen.com/seriously-the-best-healthy-turkey-chili/>

