



CONTAINS



Three Bean Turkey Chili

Nutrition Facts	
7 servings per container	
Serving Size	(544g)
Amount Per Serving	
Calories	410
% Daily Value *	
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 540mg	23%
Total Carbohydrate 57g	21%
Dietary Fiber 18g	64%
Total Sugars 11g	
Includes 3g Added Sugars	6%
Protein 31g	62%
Vit. D 0.2mcg 1%	Calcium 150mg 12%
Iron 5.9mg 33%	Potas. 1190mg 25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Preparation

- Rinse all vegetables thoroughly.** Rinse the beans until the water runs clear.
- Cut the top off of the bell pepper.** Remove the seeds and center. Cut the pepper into 4 pieces. Then slice all those pieces into sticks. Finally line up all the stick pieces cut into small pieces. Set aside.
- Cut the top off of the onion,** and then in half. Remove the outer layer. Cut into thin slices. Then chop into small pieces. Set aside.
- Cut the tip off of the shallot,** and then in half. Remove the outer layer. Cut into slices and then chop into pieces. Set aside.
- Using disposable gloves or sandwich bags,** cover your hands while working with a jalapeno. Cut the top of the pepper off and discard. Then cut into slices. If desired remove the seeds to avoid a spicy chili.
- Cut away the stems of the kale.** Then chop the kale and set aside.
- In a large pot,** heat the olive oil at medium-high. Add the onion, jalapeno, green bell pepper and shallot. Cook for 3 minutes or until vegetables are tender.
- Add Cumin, paprika, chili powder and oregano,** stir until well mixed.
- Add ground turkey,** mix and cook until the meat is browned.
- Add stewed tomatoes, tomato paste, all the beans and chicken broth.**
- Bring to a boil,** then reduce heat to low and allow to simmer for 45 minutes.
- Add the kale** and simmer for an additional 15 minutes or until it is wilted.
- Cut around the avocado lengthwise.** Twist both halves to separate. Remove seed. Using a spoon scoop out the inside. Discard skin. Cut avocado into slices.

Ingredients

- 1 lb Ground turkey
- 1 can Pinto beans
- 1 can Kidney Beans
- 1 can Black Beans
- 32 oz Chicken stock
- 1 Green Bell Pepper
- 2 cup Kale
- 1 onion
- 2 tbsp Shallots
- 1 Jalapeno
- 1 can Stewed Tomatoes
- 1 can Tomato paste
- ½ tsp Cumin
- 1 tsp Paprika
- 1 tsp Chili powder
- 2 tsp Oregano, dried
- 1-2 Avocado
- 1 cup Cheddar, shredded
- 1 tbsp Olive oil



Watch Our Video!!

<https://www.youtube.com/channel/UCnkJ6aTVI051FJ3H8hKBIdQ/p/laylists>

14. **Serve hot**, topped with avocado and shredded cheddar

For Crockpot:

1. **Follow preparations 1-6.**
2. **Add all ingredients to the crockpot.**
3. **Set the crockpot on low heat** and cook for 8 hours.
4. **Add the kale** at the last 15 minutes of cooking.
5. **Cut around the avocado lengthwise.** Twist both halves to separate. Remove seed. Using a spoon scoop out the inside. Discard skin. Cut avocado into slices.
6. **Serve hot**, topped with avocado and shredded cheddar.

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