

Turkey Chili with Taro

Makes
10 servings

Prep time
45 minutes

Cook time
35 minutes

Good source of
Protein
Fiber
Iron
Potassium

Ingredients:

- 2 Tbsp. vegetable oil
- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 1 green bell pepper, diced
- 3 stalks celery, diced
- 1 lb. ground turkey
- 1 can black beans
- 1 can red kidney beans
- 1 can pinto beans
- 1 lb. taro, peeled and diced into small cubes
- 1 can diced tomatoes
- 1 pkg. chili seasoning
- ½ tsp. black pepper
- 2 Tbsp. hot sauce (optional)

Nutrition Facts

10 servings per container
Serving size 1 cup (297g)

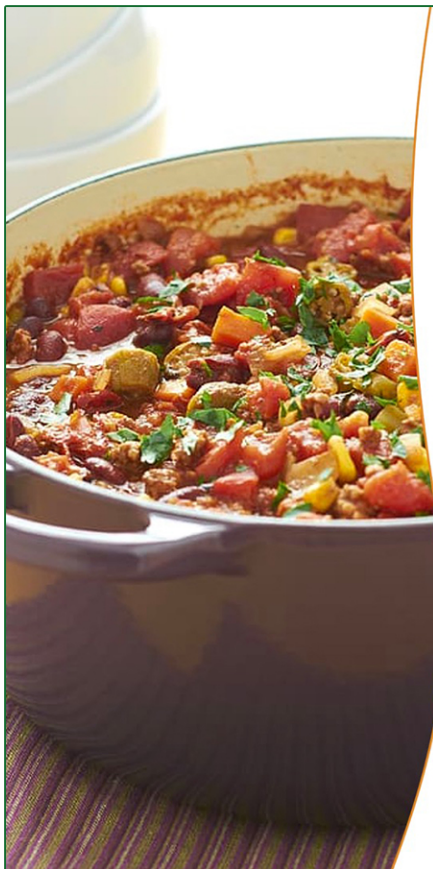
Amount per serving
Calories **310**

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 450mg	20%
Total Carbohydrate 39g	14%
Dietary Fiber 11g	39%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 97mg	8%
Iron 3mg	15%
Potassium 813mg	15%

*The % Daily Value 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.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



Turkey Chili with Taro

Directions:

1. In a large pot, heat vegetable oil over medium-high heat. Add onions, garlic, bell pepper, and celery and cook until tender, about 3 minutes.
2. Add ground turkey and cook until brown, an additional 5 minutes, stirring occasionally.
3. Add beans with their liquid, diced taro, and diced tomatoes to the pot. Mix well.
4. Add chili seasoning, black pepper, and optional hot sauce. Mix well.
5. Bring to a boil, stirring constantly. Once boiling, lower heat to low-medium and simmer, stirring occasionally, until sauce reduces and chili becomes thicker, about 20-25 minutes.
6. Serve hot with desired toppings or sides.

