Sweet Potato and Turkey Chili

Preparation Time 30 minutes

Makes 6 servings

Ingredients

- 15 oz can kidney beans
- 28 ounce can diced tomatoes (fire roasted are nice)
- 1 pound lean ground turkey
- 1 tablespoon olive oil
- 4 garlic cloves, finely chopped
- 1 onion, chopped
- 1 medium sweet potato, diced
- 1 cup chicken broth
- 1 teaspoon ground cumin
- 1 teaspoon of paprika
- 2 tablespoons chili powder
- cayenne or black pepper to taste (optional)

OPTIONAL TOPPINGS

- Avocado, diced
- Greek yogurt or sour cream
- Grated cheddar cheese
- Chopped scallions or cilantro

Directions

1. In a large soup pot, heat the olive oil over low/medium heat and sauté the onions 5 minutes, until softened. Add the ground turkey and garlic and sauté

until browned.

2. Add the rest of the ingredients and cook covered on medium heat until the sweet potato is tender, about 15 minutes.

3. Offer with optional toppings

Nutrition

- 1.5 Cup Serving
- Calories 225, Carbs 24g (net carbs 17g), Added sugar 0g, Fiber 7g
- Fat 5g, Protein 24g, Sodium 315mg, Potassium 590mg

Elizabeth Caruthers, RDN, CDCES

Registered Dietitian-Nutritionist

Certified Diabetes Education Specialist

Looking for support?

A registered dietitian-nutritionist and diabetes educator can help you build a foundation of better health. Services at Community Health and Wellness are covered by HUSKY, Medicare, private insurance, and financial assistance.

Nutrition Counseling

- Nutritional assessment and individualized guidance based on your health conditions and laboratory results.

Diabetes Prevention Program

- Weekly groups led by a registered dietitian-nutritionist with peer support to keep you motivated.

Diabetes Education Program

- Individual appointments to help you gain the knowledge, skills and confidence to manage your diabetes well.

Watch, Taste, Learn

- Healthy cooking classes, recipe demonstrations and tastings.

Want to learn more?

Contact Elizabeth Caruthers, Nutrition and Diabetes Program Coordinator at 860-489-0931 x1110 or ecaruthers@chwctorr.org.