



The Dietitian's DISH

...for a
Healthy
Lifestyle



Debra Heverling
Registered
Dietitian
MA, RD/LDN

A flavorful chili is always in season.

Whether you're preparing to tailgate or fueling your family to head out Trick or Treating, chili can be a versatile meal to help you use up leftovers and pantry staples.

With so many options of protein (beans, ground meat, cubed or shredded meat, and quinoa), you're only limited by your imagination.



Beans are a valuable source of fiber and protein. Black beans provide folate and potassium which are beneficial to heart health.

Fuel your family for a long evening ahead on a cool weeknight with this Black bean chili – you can't go wrong!

Weeknight Chili

Ingredients:

- 1 Tbsp olive oil
- 1 yellow onion, diced
- 4 cloves garlic, minced
- 1/2 lb. ground turkey
- 2 cans (15 oz.) black beans
- 1 can (15 oz.) diced tomatoes
- 1 can corn, drained
- 3 oz. tomato paste (about 1/4 cup)
- 1 Tbsp chili powder
- 1/2 tsp cumin
- 1/2 tsp oregano
- 1/4 tsp salt (or to taste)



Directions:

1. Add the onion and garlic to a large pot with 1 Tbsp olive oil and cook over medium-low heat just until softened (2-3 minutes).
2. Add the ground turkey to the pot and continue to sauté until the turkey is cooked through (5-7 minutes). Break the turkey up into small crumbles with your spoon as it cooks.
3. Add the undrained beans, undrained diced tomatoes, corn, tomato paste, chili powder, cumin, and oregano. Stir everything to combine.
4. Let the chili simmer for about 10 minutes to blend flavors and allow the liquid to thicken slightly. Serve with your favorite chili toppings.