

# FLU FIGHTING CHILI RECIPE (JOE'S HOMEMADE CHILI)

## INGREDIENTS

- 2 Pounds ground turkey breast
- 2 Medium zucchini, halved and sliced
- 1 Medium red pepper cored and diced
- 1 Medium onion, chopped
- 1 TBSP extra virgin olive oil
- 2 (15 oz) cans of kidney beans drained and rinsed
- 2 (15 oz) cans of black beans drained and rinsed
- 2 (15 oz) cans of garbanzo beans drained and rinsed
- 1 (28oz) can of diced tomatoes, un-drained
- 1 TBSP chili powder
- 1 tsp paprika
- 1 tsp oregano
- 1 Fresh ground pepper
- Sea salt to taste

## DIRECTIONS

In a large pot brown turkey with onions and drain off excess fat. Place vegetables, half the garlic and oil in pot and sauté until tender. Add beans, and un-drained tomatoes. Bring to a boil, and then simmer for 15 to 20 minutes. Add spices and the rest of the garlic; mix well. Simmer for five more minutes. Add pepper and sea salt to taste.

Note: Freezes great in a Tupperware container. For a vegetarian variety simply take out the ground Turkey and substitute soy crumbles (Morningstar ground crumbles work best).

**Serves:** 12 **Serving Size:** 1.5 cups

**Approximate nutritional analysis per serving:**

378 calories (29g protein, 44 g carbs, 10g fat, 9.6g fiber)

