

TURKEY CHILI WITH SQUASH

INGREDIENTS

- 2 teaspoons olive or vegetable oil
- 1lb ground turkey (at least 93% lean)
- 1 cup chopped onions
- 1 medium poblano chile, seeded and chopped
- 1 teaspoon finely chopped garlic
- 3 tablespoons chili powder
- 1 teaspoon ground cumin
- ¾ teaspoon salt
- 2 cups Progresso™ reduced sodium chicken broth (from 32-oz carton)
- 3 cups cubed butternut squash
- 1 can (19 oz) Progresso™ red kidney beans, drained, rinsed
- 1 can (14.5 oz) Muir Glen™ organic fire roasted crushed tomatoes, undrained



DIRECTIONS

In 5-quart Dutch oven, heat oil over medium-high heat. Cook turkey, onions and chile in oil 6 to 7 minutes, stirring occasionally, until turkey is no longer pink. Stir in garlic, chili powder, cumin and salt; cook about 1 minute or until fragrant. Add broth, squash, beans and tomatoes. Increase heat to high; heat to boiling. Cover; reduce heat to medium-low, and cook 20 to 25 minutes, stirring occasionally, until squash is tender.

NUTRITIONAL INFORMATION PER SERVING:

Serving Size: 1 1/3 Cups

Calories 290 | Calories from Fat 80 | Total Fat 9g 13% | Saturated Fat 2g 10% | Trans Fat 0g | Cholesterol 55mg 19% | Sodium 960mg 40% | Potassium 660mg 19% | Total Carbohydrate 30g 10% | Dietary Fiber 8g 33% | Sugars 7g | Protein 22g

% Daily Value*: Vitamin A160% | Vitamin C25% | Calcium10% | Iron25%

Exchanges: 1 Starch; 0 Fruit; 1/2 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 1 Vegetable; 2 1/2 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 1 1/2 Fat;

*Percent Daily Values are based on a 2,000 calorie diet.

SERVES: 6

RECIPE SOURCE: BETTYCROCKER.COM

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Resolutions

Schedule regular social time

As humans, we are inherently social creatures. Having regular social time is key to feeling supported and maintaining strong relationships with those we care about, which can translate into longevity and healthier aging, too. This might mean having one day a week where the whole family has a meal around the table together (or more often, if you can). Or it can be getting together with a friend, either in person or virtually with phone and video calls. This new year, be intentional about regularly scheduling in social time.

Source: eatingwell.com

