Black Bean And Turkey Chili

What better way to have a nice hearty meal tonight and have plenty of leftovers to freeze in individual servings than a big pot of chili?

Ingredients:

- 25 ounces of lean ground turkey
- 5 cups chopped onion (2 medium/large onions)
- 6 mini sweet peppers chopped
- 2 cloves garlic chopped
- 2 ¼ cups chopped celery
- 2 ¼ cups chopped carrots
- 3 cans stewed tomatoes
- 2 cans of black beans rinsed
- 1 tablespoon cumin
- 2 tablespoons chili powder
- Cayenne pepper (to taste)
- Optional for topping - shredded cheese and/or 0% Greek yogurt and chopped cilantro - don't forget to add this to nutrition totals

Directions:

1. Sauté turkey, drain excess juices and place in a large soup pot
2. Sauté onion, garlic, celery, carrots and peppers just until onions are soft. Add to soup pot
3. Add all other ingredients to pot and stir well.
4. Bring to a low boil and then reduce heat and simmer covered for about two hours.
5. Check seasoning levels, add more if desired and continue simmering until you serve.

Nutrition: Makes 10 servings, each with around

- **280 calories and**
- **22 grams of protein**

And lots of healthy fiber