

Black-Eyed Pea Chili

Recipe provided by: usaweekend.com

Ingredients:

1 Tb. canola oil	1 Tb. chili powder
1 large onion, diced	1 (15-ounce) can black-eyed peas, drained and rinsed
2 cloves garlic, minced	1 (28-ounce) can crushed fire-roasted tomatoes with juice
1 pound lean ground turkey	½ cup low-sodium chicken broth or water
1 large green bell pepper, diced	¼ cup reduced-fat sour cream
1 jalapeño pepper, finely diced	¼ cup fresh cilantro leaves

Instructions: Heat the oil in a large pot over medium-high heat. Add the onion and cook, stirring occasionally, until softened, 3 minutes. Add the garlic and cook 30 seconds more. Add the turkey and cook, breaking it up with a spoon, until it is no longer pink, about 4 minutes. Stir in the bell pepper, jalapeño pepper and chili powder, and cook for 1 minute more. Add the black-eyed peas, tomatoes and chicken broth or water. Bring to a boil, then reduce the heat to medium-low, cover and simmer, stirring a few times, until the ingredients soften and meld, 20 minutes. Serve topped with a dollop of sour cream and a sprinkle of cilantro leaves.

Nutritional Information **(Per serving):**

Serves: 4

Serving Size: 1 ½ cups

Calories: _____ 400

Fat: _____ 17 g

Saturated fat: _____ 4.5 g

Cholesterol: _____ 95 mg

Carbohydrates: _____ 37 g

Fiber: _____ 8 g

Sodium: _____ 660 mg

Protein: _____ 31 g