

## The Texas Two-Step Chili

2 pounds of lean ground Turkey	1 tablespoon onion powder
28 ounces crushed tomatoes	½ teaspoon paprika
1 quart stewed, diced tomatoes	1 ½ teaspoon ground cumin
¼ cup chili powder	1 ¼ teaspoon salt
1 tablespoon garlic powder	¼ teaspoon cayenne pepper
1 tablespoon sugar	

Brown 2 pounds of lean, ground turkey over medium high heat and then drain. Add crushed and diced tomatoes and all seasonings. Mix well, cover and simmer of medium low heat for 30 minutes, stirring occasionally.

Yields 8 servings

264 calories per serving

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Cherokee

Senior - Protein