




# Speedy Chili

---

## INGREDIENTS

- 1/2 CUP ONION ½ ONION, DICED
- 1/2 CUP CELERY 1-2 LARGE STALKS, DICED
- 1 POUND GROUND TURKEY LEAN OR 1 POUND GROUND BEEF LEAN OR 1 POUND GROUND CHICKEN LEAN
- 15 OUNCES STEWED TOMATOES OR 3 TOMATOES DICED
- 15 OUNCES RED BEANS DRAINED
- 11 OUNCES TOMATO SOUP


## DIRECTIONS

1. COOK THE GROUND TURKEY, DICED ONION AND CELERY IN A LARGE PAN OVER MEDIUM HEAT. COOK UNTIL THE MEAT TURNS BROWN, THEN DRAIN THE EXCESS GREASE.
  2. ADD THE TOMATOES, BEANS AND TOMATO SOUP TO THE MIXTURE AND STIR. COVER AND COOK FOR 15-20 MINUTES. REFRIGERATE LEFTOVERS.
- 

---

## TIPS



- 
- ADD YOUR CHOICE OF SPICES SUCH AS CHILI POWDER, CUMIN, OR CAYENNE PEPPER TO ADD SOME HEAT TO THIS DISH!
  - USE ANY LEAN GROUND MEAT IN PLACE OF THE GROUND TURKEY.
  - USE THE BEAN OF YOUR CHOICE IN PLACE OF THE RED BEANS SPECIFIED.

SOURCE: EATFRESH.ORG

