

Chili

1 pound lean ground beef
8 ounces lean ground turkey
1 tablespoon olive or canola oil
2 large onions, coarsely chopped
3 cloves garlic, finely chopped
3 sweet red or green peppers, coarsely chopped
1 tablespoon chili powder or more to taste
1 teaspoon ground cumin
1 teaspoon coriander
1 can (28 ounces) diced tomatoes
Dash of hot red pepper sauce (optional)
1/8 teaspoon pepper
1 package (10 ounces) frozen corn, thawed
1 can (16 ounces) red kidney beans, drained and rinsed

Cook the beef and turkey in a Dutch oven over high heat, stir frequently until meat is well cooked. Remove from heat and drain fat from meat in colander. Rinse with warm water to remove additional fat from the meat.

As the meat is draining, use the Dutch oven to heat the oil over moderate heat. Add the onions and garlic and sauté 5 to 7 minutes. Stir in the sweet peppers, chili powder and spices and cook about 5 minutes longer or until the peppers are slightly soft. Return the meat to the pan.

Stir in the crushed tomatoes, hot red pepper sauce, pepper and bring to a boil. Partially cover and simmer, stirring occasionally, 20 to 30 minutes. Sauce will thicken. Stir in the corn and kidney beans. Cover and cook about 5 minutes longer to heat through. Makes 12 servings.

Nutrition information per serving: 170 calories, 17 grams protein, 4 grams fat, 19 grams carbohydrate and 273 mg sodium.