

Chili Very Fat free

One Point Chili

Makes 20 servings

10oz. extra lean ground turkey

1 medium onion diced

2 (28oz) cans diced tomatoes

2 medium zucchini diced

2 medium squash diced

1 (15oz) can black beans drained and washed

2 (15oz) cans fat free reduced sodium beef
broth

4 celery stalks

2 green peppers diced

1 (1 1/4oz) package dry chili seasoning

Spray a large nonstick skillet with spray and set
over a medium heat. Add turkey and
onion, saute about 5 mins, or until done

Transfer browned (drained) turkey and onion
mixture to a large soup pot and add remaining
ingredients. Simmer over medium heat for 40-50
mins