WisebiteNutrition™
LIVE NUTRITIOUSLY. EAT DELICIOUSLY

GAME DAY CHILI!



Carrots, zucchini, peppers, and tomatoes, this dish has more vegetables than your standard chili and it's packed with protein from kidney beans and turkey.

INGREDIENTS

- 1 Tbs olive oil
- 1 sweet onion, chopped
- 4 cloves garlic, minced
- 1 lb ground turkey
- 2 tsp ground cumin
- 1 1/2 tsp chili powder
- 1 zucchini, chopped
- 3 carrots, peeled and chopped
- 1 red bell pepper, chopped
- 1 (14.5 oz.) can fire roasted diced tomatoes
- 1 cup low-sodium vegetable broth
- 1 (15 oz.) can red kidney beans, drained and rinsed
- 1/2 cup fresh cilantro, chopped
- hot sauce optional

PREPARATION & COOKING

Prep:
Chop onion, zucchini, carrots, red pepper.
Mince garlic.
Drain and rinse kidney beans.
Make:
In a sauce pot, sauté onion and garlic gently in oil until soft and fragrant. Add turkey and continue to cook for additional 3 minutes.
Add cumin and chili powder and stir to coat vegetables and turkey.
Add zucchini, carrots, pepper, tomatoes, and broth.
Add enough broth to cover vegetables.
Bring to a boil. Immediately reduce heat and simmer for 20 minutes.
Stir in kidney beans and simmer for 2 more minutes.
Serve with cilantro and hot sauce, if using.

WHY YOU'LL LOVE THIS RECIPE:

- **High in Protein**: With ground turkey and kidney beans, this chili contains 33 grams of protein!
- **Supports a Healthy Microbiome**: Kidney beans contain soluble fiber, which feeds good bacteria and supports your microbiome.
- **Satisfying & Filling**: Between the protein and the fiber, this dish will keep you feeling full for hours.

WHY THIS RECIPE IS GREAT:

- **One Pot Dish**: This recipe comes together in one pot, making clean up so much easier.
- **Flexible**: Missing an ingredient? Most of these can easily be swapped - try a different kind of bean or veggie if you don't have all of these on hand.
- **Toppable**: Feel free to add Greek yogurt or avocado on top to give it a little bit of creaminess.

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