

Black Bean Chili – 21 Day Fix

Ingredients:

1 teaspoon	olive oil
1.5 pounds	raw 93% lean, ground turkey
1 medium	onion, chopped
1 medium	green (or red) bell pepper, chopped
3 cloves	garlic, finely chopped
1.5 teaspoon	ground cumin
1 tablespoon	chili powder
1/2 teaspoon	sea salt
1/4 teaspoon	cayenne pepper
2 (15 oz) cans	black beans (can also used pinto beans), drained & rinsed
1 (15 oz) can	all-natural diced tomatoes, no sugar added (do not drain)
1 (12 oz) can	rotel (do not drain)
12	fresh cilantro sprigs, finely chopped (optional, for garnish)

Directions:

1. Heat olive oil in saucepan over medium high heat.
2. Add onion, bell pepper, garlic and turkey and cook over medium high heat until turkey is cooked through and veggies are tender.
3. Next, add cumin, chili powder, salt and cayenne pepper to saucepan.
4. Cook for one minute, stirring constantly.
5. Add drained beans, Rotel and canned tomatoes with liquid.
6. Bring to a boil.
7. Reduce heat to low and continue to cook, 15-20 minutes until thickened.
8. Sprinkle with cilantro and serve. Enjoy!

