

Healthy Options Recipe

Chili

Ingredients:

- 1 pkg. chili seasoning
- 1 lb. ground turkey
- 1 Tablespoon minced onion (yellow or white)
- 2 cans stewed tomatoes
- 30 oz. can of chili beans (use vegetarian 99% fat free chili)
- 2 teaspoons brown sugar

Directions:

Brown meat and onions then add all together on low heat in Crockpot or on the stove top until heated through.

This recipe is provided by SHS Wellness Programs.

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