

Seth's Award Winning Chili



Totals are for one 8 ounce serving – This recipe makes 16 servings:

Calories 187 Fat 4g Fiber 8g Carbs 28g

What you'll need:

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|--------------------------------------|--------------------------------------------------------------------------------|
| 1 T Olive oil | 1 Can tomato sauce (15 oz) |
| 1 Clove elephant garlic chopped fine | 2 Cans crushed tomatoes (15 oz) |
| 2 Green bell peppers chopped fine | 2 T Cumin |
| 1 ½ Onions chopped fine | 1 T Jalapeno juice (if you like it hot
you'll add Jalapeno slices to taste) |
| 1 tsp Salt – or to taste | 4 Cans pinto beans with liquid |
| ½ tsp Pepper – or to taste | 1 tsp Garlic powder |
| 1 Pkg JennyO Italian ground turkey | 2 T Splenda brown sugar – or to taste |
| 1 Pkg McCormick's original chili mix | |

Let's get to cookin'!

1. Drizzle olive oil in a large pot and turn heat to medium.
2. Add garlic, bell peppers, onion, salt and pepper and simmer for ten minutes.
3. Add Italian turkey and chop while this cooks so that turkey breaks apart in to very small pieces.
4. Once turkey is thoroughly cooked, add chili mix, tomato sauce, crushed tomatoes, cumin and Jalapeno juice and turn the heat down and allow this to simmer for ten minutes, stirring occasionally.
5. Add pinto beans, garlic powder and Splenda brown sugar and stir well.
6. Turn the heat off and taste, adding seasonings to taste.
7. Turn heat up and serve hot.

NOTE: I think this will freeze just fine. Every time I make it Neil and I eat it all week long until it's gone so I've never had any left to freeze! HA!

Co-host of *Seth and Kitty Weighing In*, Seth Kent, created this incredible recipe! His version is MUCH hotter, though. He uses the McCormick's "HOT" chili mix and he adds a half jar of Jalapenos!