



**NEW EPISODES  
MONDAYS  
AT NOON EST**

## **“Low Fat/High Flavor” Turkey Chili**

**1 lb chopped leftover turkey  
1/2 cup chopped onion  
2 cups unsalted canned tomatoes  
4 cups canned kidney beans, rinsed and drained  
1 tsp sugar  
1 1/2 tbsp chili powder  
2 cups chopped celery  
8 tsp fat free sour cream  
Water, as desired**

**In a soup pot, add the turkey and onion. Sauté over low heat until the onions are translucent. Stir in the tomatoes, kidney beans, sugar and chili powder. Cover and cook for 10 minutes. Add the celery and cook for another 10 minutes. Add water, as desired, for a thinner consistency.**

**Ladle into warmed individual bowls and top each with 1 tablespoon sour cream. Serve immediately.**

*To sauté means to fry in a small amount of fat.*