

Healthy Chili

- 1 tbsp olive oil
- 2 onions chopped
- 2 carrots chopped
- 1 tsp chili flakes (optional or adjust to taste)
- 3 garlic cloves, minced
- 4 tsp chili powder
- 1 tsp ground cumin
- 1 zucchini sliced
- 1 small bunch broccoli, cut into bite sized pieces
- 2 cans of Italian tomatoes, chopped with juice
- 1 ½ cups ground turkey
- 1 can kidney beans, rinsed and drained
- 1 can chickpeas, rinsed and drained

In a large saucepan, heat oil over medium heat. Add onions, ground turkey, carrots, broccoli, chili flakes, garlic, chili powder and cumin. Saute until onions and carrots are soft and turkey is browned (about 10-15 minutes). Add tomatoes with their juice. Cook for 5 minutes over high heat. Reduce heat to low and stir in beans and chickpeas. Simmer, covered until thickened (about 15 minutes).