



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Resolve to Eat Healthier with Simple Options

With 2021 upon us, there's no better time to renew our focus on wellness.

Concerns about staying healthy through the twists and turns of the COVID pandemic are still a reality for many. Foods to help boost immunity are more sought after than ever. Include vegetables and fruits whenever possible, since they're loaded with nutrients that have benefits to the immune system.

Simple options for healthy meals prepared at home are still in demand to help avoid cooking fatigue. Chili is one veggie-friendly, versatile meal with many ways to prepare and serve it. Slow cook it all day or assemble with prepared items for a quick stovetop meal. Canned beans and tomatoes, and frozen pepper/onion mix and corn are convenient to keep on hand. Private brands are economical and quality items to stock up on when they're on sale. Meats can include a blend of ground beef and mushrooms, ground turkey, shredded cooked chicken, and others. Choose a less sodium chili seasoning packet or make your own. Chili can be served in a bowl or over top of rice, pasta or a potato. You're only limited by your imagination and what ingredients you have at your fingertips.

Hearty Turkey Chili

Ingredients:

- 2 Tbsps. olive oil
- 2 bell peppers
- 2 medium celery stalks
- 2 medium yellow onions
- 4 garlic cloves, minced
- 1/4 cup chili powder
- 1 tsp. ground cumin
- 1 tsp. ground red pepper
- 3 pounds lean ground turkey
- 1 can (6 oz.) tomato paste
- 1 can (28 oz.) crushed tomatoes
- 2 cups less-sodium chicken broth
- 2 cans (15.5 ounces) no salt added beans, drained and rinsed
- 1/4 cup chopped fresh cilantro
- Optional garnishes: sour cream or plain Greek yogurt, shredded Cheddar cheese



Directions:

1. In large saucepot, heat oil over medium heat. Add chopped bell peppers, celery and onions; cook 8 minutes or until vegetables begin to soften, stirring frequently. Stir in garlic, chili powder, cumin and ground red pepper; cook 1 minute.
2. Increase heat to medium-high. Add turkey and cook 8 minutes or until browned, breaking up meat with side of wooden spoon. Stir in tomato paste; cook 1 minute. Stir in tomatoes and broth; heat to simmering. Reduce heat to medium-low; cover and cook 10 minutes, stirring occasionally. Stir in beans and cilantro; cook for 5 minutes. Serve plain topped with optional garnishes or over brown rice or a baked potato.

Recipe adapted from InSeasonzine.com.