



TEACHING KITCHEN

## VIRTUAL WELLNESS *Series*

**April Rozzo, MS, RD, CSO, LD/N**

**October 18, 2022 • noon–12:30 p.m. EST**

Join April Rozzo, FCS Clinical Oncology Dietitian, for a hands-on session preparing one of her favorite healthy eating recipes.

### EASY TURKEY CHILI

#### Ingredients/Shopping List

- ½ tablespoon cooking oil (such as olive or grapeseed oil)
- 1 pound ground turkey
- 1 cup chopped yellow onion (1 small onion or ½ large onion)
- 1 clove garlic, minced
- 1 (14.5-ounce) can diced tomatoes with green chilies, undrained
- 1 (15-ounce) can beans, rinsed and drained (such as kidney, pinto, or black beans)
- 1 cup hot water
- 1 tablespoon tomato paste
- 2 tablespoons chili powder
- 1-2 teaspoons ground cumin
- Salt to taste (optional)
- ½ teaspoon dried oregano
- Toppings optional: sour cream or plain Greek yogurt, shredded cheddar cheese

#### Instructions

1. Add oil to a large saucepan over medium-high heat. Cook turkey, onion and garlic about 5 minutes, stirring to crumble the turkey. Drain if necessary.
2. Add remaining ingredients; cover and bring to a boil. Reduce heat and simmer about 5 minutes.
3. Serve immediately with toppings or refrigerate. Simply reheat before serving.

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