

5 A Day Recipes

12 Soups to Get You Through the Winter

Fill-Up-Those "Souper Bowls" Chili

Serves 4

- 1 teaspoon non aromatic olive oil
- 1 cup chopped onion
- 1 tablespoon (or more to taste) mild chili powder
- 1 teaspoon cumin
- 1 teaspoon dried oregano
- 3 cloves garlic, peeled and chopped
- 1 red bell pepper, cut in 1/2-inch pieces
- 1/2 cup chopped celery
- 1/2 cup chopped carrots
- 1 cup diced eggplant
- 1 can kidney beans, drained and rinsed
- 1 28-ounce can chopped tomatoes in juice
- 1/4 teaspoon pepper
- 1/2 pound lean ground turkey (optional)

Heat the oil in a large high-sided skillet. Cook the onions until they start to wilt, about 2 minutes. If using meat, cook the turkey, onion and garlic in a large pot on medium-high heat until meat is brown. With either option, add the chili powder, cumin, oregano, and garlic, and cook 1 minute more.

Stir in the bell pepper, celery, carrots, and eggplant and continue to cook until the vegetables are coated with the spices, about 2 minutes. Add the beans, tomatoes, and pepper. Bring to a boil, reduce the heat, and simmer for 30 minutes or until all the vegetables are tender.

Nutritional Analysis Per Serving:

(without meat):

169 calories
2 g. fat
0 g. saturated fat
0% calories from saturated fat
32 g. carbohydrates
9 g. fiber
320 mg. sodium

(with meat option):

253 calories
37 grams carbohydrate
19 grams protein
6.7 grams fat
1.3 grams saturated fat
41 milligrams cholesterol
373 milligrams sodium
9 grams fiber
21% calories from fat
4% calories from saturated fat
3.5 "5 A Day" servings per person