

Black Bean Chili

Basic ingredients:

Onion

Garlic (for the entire head)

Bell pepper

15.5-ounce can low-sodium black beans

14.5-ounce can chicken broth

14.5-ounce can stewed tomatoes

Ground turkey (1/2 pound)

Heat a large saucepan over medium heat. Add first 3 ingredients and turkey; cook for 6 minutes or until turkey is done, stirring frequently to crumble. Rinse and drain the canned beans. Stir in beans, tomatoes, and half of the can of chicken broth; bring to a boil. Reduce heat and simmer 30 minutes.

Submitted by Gwendolyn