

## RECIPÉ | Homestyle Chili

Makes 4-6 servings

1 lbs ground turkey or beef  
1 red pepper, diced  
1 green bell pepper, diced  
1 medium onion, diced  
2-3 cloves of garlic, minced  
1, 28 oz can diced tomatoes  
1, 15 oz can kidney beans  
1, 15 oz can pinto beans  
1 tablespoon or more of chili powder  
Pinch of cayenne  
1 tsp sugar  
1-2 tablespoons olive oil  
1 tablespoon balsamic vinegar  
Salt and pepper to season

Garnish—

1/2 cup shredded sharp cheddar  
Sliced avocado  
Chopped fresh scallions or cilantro  
Whole wheat crackers (2-3 per 1 cup serving)

Heat 1-2 tablespoons olive oil in a large pot. Sauté onions, bell peppers, and garlic until onions translucent. Add ground meat and sauté until browned. Add diced tomatoes, beans (with the juice), chili powder, cayenne, balsamic vinegar, and sugar. Season with salt and pepper. Let simmer for about 30 minutes. Serve 1 cup of chili with 1 tablespoon of shredded cheese. Pair with diced avocado, scallions, and whole wheat crackers.

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