



Turkey Burger Chili from Hungry Girl Fast & Easy



This recipe is also featured in [Hungry Girl Fast & Easy: All-Natural Recipes in 30 Minutes or Less!](#)

[Click to see how it's made](#) !

1/5th of recipe (about 1 cup): 215 calories, 1g total fat (0g sat. fat), 631mg sodium, 29.5g carbs, 7.5g fiber, 10.5g sugars, 23g protein

Prep: 10 minutes **Cook:** 10 minutes



More: [Lunch & Dinner Recipes, 30 Minutes or Less](#)

Ingredients

12 oz. raw extra-lean ground turkey (at least 98% lean)
1 cup chopped bell pepper
1 cup chopped onion
2 tsp. chili seasoning
One 15-oz. can red kidney beans, drained and rinsed
One 14.5-oz. can diced tomatoes (not drained)
1 cup canned crushed tomatoes
3 tbsp. ketchup
1 tablespoon chopped garlic
2 tsp. yellow mustard
Optional topping: chopped pickles

Directions

Bring a large pot sprayed with nonstick spray to medium-high heat. Add turkey, pepper, onion, and 1 tsp. chili seasoning. Cook and crumble until turkey is fully cooked and veggies have mostly softened, about 7 minutes.

Add remaining ingredients, including remaining 1 tsp. chili seasoning. Stirring occasionally, cook until veggies are tender and chili is hot and well mixed, about 2 minutes.

MAKES 5 SERVINGS

Get your copy of *Hungry Girl Fast & Easy* ... [Click here](#) to shop around for the best price!

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.