

TURKEY AND WHITE BEAN CHILI

A hearty, protein-packed meal that's easy to portion and freeze!

Serves: 6

INGREDIENTS

- 1 lb lean ground turkey
- 1 can white beans, drained
- 1 can diced tomatoes
- 1 bell pepper, diced
- 1 small onion, diced
- 1 tbsp chili powder

DIRECTIONS

1. Brown turkey with onion.
2. Add remaining ingredients.
3. Simmer 20–25 minutes.
4. Season to taste with salt and pepper. Serve warm.

tradeUp tip

Trade up from processed convenience meals to freezer-friendly meal prep.



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