

# One Pot Chili

The best part about this recipe (other than the taste!) is how few dishes you will have to clean afterward. It's another great option for leftovers throughout the week and is chock-full of fiber.

## Ingredients:

1 lb. lean ground turkey or beef  
1 c frozen diced white onion  
1 c frozen diced green pepper  
½ tsp minced garlic (1 clove)  
1 can petite diced tomatoes  
1 can kidney beans, rinsed and drained  
1 can tomato sauce  
2 Tbsp chili powder  
1 tsp dried basil  
~1 Tbsp olive oil  
dash of salt, dash of black pepper and red pepper flakes, if desired  
toppings: sliced avocado, plain Greek yogurt or sour cream, shredded cheese

## Instructions:

1. Heat oil in Dutch oven or heavy bottom pot over medium heat.
2. Add onion and peppers to the pot, sauté for about 5-8 minutes.
3. Add garlic, sauté for about 30 seconds more until fragrant.
4. Add meat, breaking up as it browns.
5. Once meat is cooked through, add diced tomatoes and juices, kidney beans, tomato sauce, chili powder, basil, salt, black pepper and red pepper and stir.
6. Fill empty tomato sauce jar halfway with water, add to pot and stir.
7. Bring chili to a boil then reduce heat to low. Cover and simmer for about 30 minutes.
8. Serve with desired toppings. My family likes to enjoy it over elbow macaroni with a sprinkle of cheese, a dash of hot sauce, and a dollop of sour cream.

Enjoy!