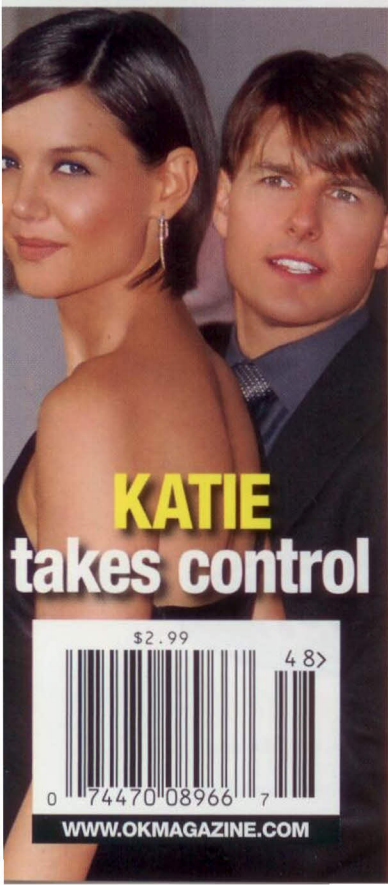


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Turkey chili

Jackie Keller, nutritionist and founding director of NutriFit, gives *OK!* a healthy alternative for your Thanksgiving meal



INGREDIENTS:

- | | |
|--|--------------------------------|
| 1 (15 oz.) can reduced-sodium kidney beans, drained and rinsed | 1 lb. lean ground turkey |
| 1 (1 lb.) can whole tomatoes, coarsely chopped with juice | 1½ tsp. ground chiles |
| 1 large green bell pepper, chopped | ¾ tsp. cumin |
| 2 cloves garlic, minced | ¾ tsp. black pepper |
| 1 tbsp. jalapeños or green chiles, diced | ¾ tsp. garlic powder |
| | 2 drops Tabasco sauce |
| | 1 cup water |
| | ½ medium yellow onion, chopped |

COOKING INSTRUCTIONS:

1. Brown the ground turkey in a Teflon-coated skillet until crumbly.
2. Drain, reserving 1 tbsp. juice, and set the meat aside.
3. Heat the reserved juice, add the onion and cook in the skillet until translucent. Add the garlic and cook for 3 minutes more. (Do not let the garlic burn.)
4. Add the remaining ingredients, stir gently to mix and reduce the heat to low. Cover and simmer for 45 minutes to 1 hour, stirring occasionally. If mixture seems too watery, add 1 heaping tbsp. of no-salt-added tomato paste, uncover and continue to cook until the mixture is reduced to the desired consistency.

NUTRITIONAL INFO:

Calories 288	Cholesterol 91g	Sodium 156mg
Fat 5.8g	Dietary fiber 7.9g	Protein 30.88g
Carbohydrates 27g		

where to get it

First page: Dress, Fluet, \$350; Sugar on La Brea, L.A. (323-965-0359). Cardigan, Vince, \$280; intermixonline.com. Bracelets, Jessica Elliot, \$105 each, jessicaelliot.com. Shoes, her own. Second page: Hoodie, Alternative Apparel, \$45; alternativeapparel.com. T-shirt, Nike, \$20; Nike Goddess, L.A. (323-954-0450). Pants and shoes, her own. Fourth page: Dress, Lewis Cho, \$278; Kitson, L.A. (310-859-2652). Earrings, Maren and Ruby, \$128; marenandruby.com.