

TURKEY CHILI

4 Servings, about 1-1/2 cups each

<u>Ground turkey</u>	<u>1 pound</u>
<u>Onion, minced</u>	<u>3/4 cup</u>
<u>Margarine</u>	<u>2 tablespoons</u>
<u>Water</u>	<u>3 cups</u>
<u>Garlic powder</u>	<u>1/2 teaspoon</u>
<u>Chili powder</u>	<u>1 tablespoon</u>
<u>Dry parsley flakes</u>	<u>1 tablespoon</u>
<u>Paprika</u>	<u>1 teaspoon</u>
<u>Dry mustard</u>	<u>2 teaspoons</u>
<u>Canned red kidney beans, drained</u>	<u>1 15-1/2-ounce can</u>
<u>Tomato paste</u>	<u>1 6-ounce can</u>
<u>Pearl barley</u>	<u>1/2 cup</u>
<u>Cheddar cheese, shredded</u>	<u>3/4 cup</u>

PREPARATION TIME: 30 MINUTES

COOKING TIME: 70 MINUTES

1. In large sauce pan, cook turkey and onions in margarine until turkey is browned and no longer pink in color, about 9 minutes. Drain; return turkey and onions to pan.
2. Add remaining ingredients except the cheese to turkey mixture; bring to boil, stirring frequently. Cover, reduce heat, and simmer 30 minutes, stirring occasionally.
3. Uncover and simmer 30 minutes, stirring occasionally.
4. Serve over cooked macaroni.
5. Sprinkle 3 tablespoons of cheese over each serving of chili.

PER SERVING:

<u>Calories</u>	<u>540</u>
<u>Total fat</u>	<u>26 grams</u>
<u>Saturated fat</u>	<u>9 grams</u>
<u>Cholesterol</u>	<u>104 milligrams</u>
<u>Sodium</u>	<u>579 milligrams</u>