



SERVES 6



### Ingredients:

- 1 can kidney beans, drained (15 oz.)
- 2 cans diced tomatoes, drained (15 oz.)
- 1 can tomato sauce (15 oz.)
- 1 1/4 lbs. lean ground turkey  
(Use Mexican spiced product if available.)
- 1 tsp. coriander
- 1 tsp. oregano
- 1 tsp. chili powder



### Instructions:

1. Brown ground turkey over medium heat and drain.
2. Combine ground turkey, tomatoes, tomato sauce, and seasonings. Mix well. Bring to a boil. Reduce heat; cover. Simmer slowly, stirring occasionally until thickened (about 40 minutes).
3. Stir in beans. Cover and simmer for 10 minutes or until hot and internal temperature is 165 degrees.
4. Add any additional seasoning as desired.



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