**Chili**

Prep Time: 5 min / Total Time: 25 min / Makes: 8 servings

Ingredients:

1/2 lb. ground turkey or extra lean ground beef

1 can (28 oz.) low sodium diced tomatoes, undrained,

 (16 oz.) Casa Grande Salsa

1 can  (15 oz.) black beans, drained, rinsed

1 can (15 oz.) red kidney beans, drained, rinsed

1 can (15 oz.) chick peas, drained, rinsed

1 tsp. chili powder

1 tsp.  ground cumin

½ cup Shredded Cheddar Cheese (less than 20% M.F.)

**Directions:**

* **Cook** ground turkey in large saucepan on medium-high heat until cooked through, stirring occasionally.
* **Add** tomatoes, salsa, beans and seasonings; mix well. Bring to boil. Reduce heat to low; simmer 10 minutes, stirring occasionally.
* **Serve** topped with cheese.