

## Ingredients

Preparation time: 60 minutes

Servings: 8 servings

Cost: \$

### Step 1: Dice Vegetables

1 large sweet onion (2 cups)  
2 colorful bell peppers (2 cups)  
1 large sweet potato (3 cups)  
5-7 cloves of garlic, minced

### Step 2: Building Flavor

1.5 lbs. 99% lean ground turkey  
1 Tbsp. canola oil  
1 tsp. salt  
1 tsp. sriracha sauce (optional)  
1 package chili seasoning

### Step 3: Texture & Finish

1 can (15 oz.) kidney beans  
1 can (15 oz.) black beans  
1 can (28 oz.) crushed tomatoes  
3 Tbsp. tomato paste  
4 cups (32 oz.) vegetable broth  
1 tsp. cumin

### Step 4: Optional Garnishes

¼ cup shredded kale  
2 Tbsp. Plain Chobani Greek Yogurt  
2 Tbsp. low-fat cheese

## Directions

1. Dice the vegetables in step 1 into similar sizes of about ½ inch x ½ inch. Combine the onion and bell pepper. Set the sweet potato and garlic aside.
2. In a large stockpot, add the canola oil, ground turkey, and salt. Once it is cooked through, remove it and set aside. Leave any drippings in the pot, and add the diced peppers and onion. Stir and simmer for about 15 minutes until softened. Add the chili seasoning, potatoes, turkey, and sriracha. Use 1 cup of broth to steam the mixture.
3. Add all of the ingredients in step 3. Simmer on low for 30 minutes to soften the potatoes and allow the flavors of the chili to come together.
4. Garnish with shredded kale or spinach, a dollop of plain Greek yogurt, shredded cheese, or any combination of the three!



### Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

### Turkey & Sweet Potato Chili

Amount	2 cups (16 oz.)
Calories	230
Fat (g)	4
Sat. Fat (g)	0
Carb. (g)	30
Fiber (g)	9
Protein (g)	26

## USOC Sport Nutrition Team

Shawn Hueglin, PhD, RD, CSSD  
[shawn.hueglin@usoc.org](mailto:shawn.hueglin@usoc.org)

Liz Broad, PhD, AdvSpDiet  
[elizabeth.Broad@usoc.org](mailto:elizabeth.Broad@usoc.org)

Alicia Kendig, MS, RD, CSSD  
[alicia.kendig@usoc.org](mailto:alicia.kendig@usoc.org)

Susie Parker-Simmons, MS, M.ed  
[susie.parkersimmons@usoc.org](mailto:susie.parkersimmons@usoc.org)

Liz Fusco, MS, RD – Author



## Cooking Tip

Not a meat eater? This soup would also be excellent with 1 lb. of any combination of beans or lentils in place of turkey. Tempeh, tofu, and mock meats also work! Freeze some chili in single serving containers. Defrost overnight for a quick meal. It will last for up to 6 months frozen.

## Performance Facts

This soup is packed with ingredients that can aid in recovery from exercise. Red, orange, and yellow peppers are packed with antioxidants to reduce oxidative stress, beans are a complex carbohydrate that will help restore muscle glycogen, and the turkey is rich in branched chain amino acids that aid in muscle and tendon growth and recovery. Turkey is also rich in selenium, another powerful antioxidant.