

Donna's Chili

Donna Hackett

Servings: 2



Ingredients

4 ounces macaroni
½ teaspoon salt
½ teaspoon pepper cooking spray
1 cup onion, chopped
8 ounces ground turkey
¼ teaspoon garlic powder
14½ ounces canned tomatoes, diced
¼ cup chili powder
15 ounces canned kidney beans
1 cup water
2 teaspoons masa corn flour

Cooking Method

Cook macaroni according to package directions and drain.

In non-stick pan or skillet, spray with cooking spray and sauté onions in olive oil.

1. When translucent add salt, pepper, and garlic powder.
2. Add ground turkey and cook until brown.
3. Add tomatoes and stir in.
4. Add chili powder and stir it in.
5. Add kidney beans and stir in.
6. Add one cup of water and cook chili mixture for 5 minutes.

Mix masa with just enough water to make a thin paste and stir into mixture and cook one minute.

- Serve half to each.