

Chili Chicken or Turkey

14 oz (450 g) ground chicken or turkey
5 oz (140 g) onion, chopped
9 oz (260 g) sweet red or green pepper, chopped
18 oz (540 ml) canned tomatoes, undrained
1-2 tbsp (15-30 ml) chili powder (to taste)
2 tsp (10 ml) salt
1 tsp (4 ml) pepper
2 tsp (10 ml) liquid sweetener
PAM

Spray heavy pan with PAM.

Sauté meat with onions and peppers until vegetables are soft and meat lightly browned, stirring constantly.

Add remaining ingredients and cover tightly.

Simmer over low heat 20-25 minutes.

Serve immediately or freezes well.