

### Low-Fat Chili

- 1 lb Extra Lean Ground Beef
- 1 Package of Turkey Italian Sausage Links
- 1 cup chopped celery
- 1 cup chopped onion
- 1 cup chopped red pepper
- 1 cup chopped green pepper
- 1 15 oz can Great Northern Beans
- 1 15 oz can Black Beans
- 1 15 oz can Kidney Beans
- 2 28 oz cans crushed tomatoes
- 1 28oz can diced tomatoes
- 1 packet of Chili seasoning
- 1 tsp garlic powder
- 1 tsp cinnamon
- 1 tsp Chili powder
- 1/4 tsp Cumin
- 1/4 cup sugar
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 tsp Tobasco (optional)

(chopped green onions, finely shredded cheddar cheese, low-fat sour cream)

Remove castings from Turkey Italian Sausage. In a large skillet on medium-high heat cook ground beef and turkey until done. Drain and set aside in strainer. Chop celery, onion, red and green peppers and saute in same skillet for about 5 mins. Open all cans of beans and place in strainer and rinse well. In a large pot on the stove (medium heat) add all of these ingredients. Next add all the seasonings: Chili packet, garlic powder, cinnamon, chili powder, cumin, sugar, salt, pepper, and Tobasco. Let simmer on stove for 2 hours. You may also make this in the Crock Pot (6 hours). Garnish with chopped green onions, a tablespoon of low-fat sour cream, and a sprinkle of finely shredded cheddar cheese.