

# TURKEY CHILI

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Well, it's a new year and like every year past we are all probably saying to ourselves, I'll need to start eating better. Not only do we all need to eat better but also, we need to eat less and move more. I know, I know, it's hard and it takes time but we all can do it. (Phil. 4:13 I can do all things through Him who strengthens me.) Remember, calories are for energy and we get energy from food. We need food. Our bodies use energy for:

1. Our basic bodily functions - heartbeat, breathing, kidney and liver functions etc.
2. Physical activity - walking, vacuuming, running those munchkins here and there, etc.
3. Digestion of food and turning those calories into energy.

As our activity level decreases and our food consumption increases we get FAT. If you aren't burning calories they are stored for energy you may need later and you gain weight. If you burn more calories than you're eating you will lose weight. That's the bottom line. Either eat less or start moving.

Our goal needs to be to glorify God in ALL things, and that includes our bodies.

(Romans 6:12-14) Therefore, do not let sin reign in your mortal body so that you obey its lusts, and do not go on presenting the members of your body to sin as instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members as instruments of righteous to God. For sin shall not be master over you, for you are not under law but under grace.

Here is a tasty low fat chili recipe that won't make you feel like you're missing out on good food.



Serves 6-8

270 calories, 3.5 grams fat per cup.  
(Not including cheese and sour cream)

- 1 yellow onion, diced
- 1 green bell pepper, seeded & diced
- ½ lb. mushrooms, sliced
- 1 20oz. pkg. ground turkey
- 2 28-30oz. Cans of Chili Beans, un-drained
- 1 small bag frozen corn
- 1-2 tsp. Garlic salt
- 1-2 Tbs. Chili powder
- ½-1 tsp fresh ground Black Pepper

Sauté onion and bell pepper in 1-2 Tbs. of oil until soft. Add mushrooms and cook about 2 min. Add Turkey, cook thoroughly. Add chili beans, stir. Add corn and mix well. Season with Chili powder to your liking, starting with one Tbs. and increasing if you want more heat. Start with 1 tsp garlic salt and pepper and add more if needed. Top with a little cheese and a dollop of low fat sour cream.

