

Mixed Bean Chili

<u>Amount</u>	<u>Measure</u>	<u>Ingredient -- Preparation Method</u>
1	lb	cooked ground turkey or veg ground.
1	large	onion -- chopped
1	large	green pepper -- seeded and chopped
48	ounces	canned stewed tomatoes -- (6 cups)
16	ounces	canned pinto beans -- (2 cups) drained and rinsed
16	ounces	canned kidney beans -- (2 cups) drained and rinsed
16	ounces	packaged frozen mixed vegetables -- (2 cups)
1/8	teaspoon	ground cloves -- up to 1/4
1/8	teaspoon	allspice
2	tablespoons	chili powder
1	tablespoon	cumin
		Green chiles -- (optional)
		Tabasco sauce -- (optional)
		Nonfat cooking spray

Saute onion and green pepper in a large soup kettle sprayed with nonfat cooking spray. Add the remaining ingredients and simmer until the flavors are blended and the vegetables are done. Heat and serve.