

SLOW COOKER TURKEY CHILI

SERVINGS: 5 (1CUP/SERVING) | PREP TIME: 20 MINS | COOK TIME: 4 HRS

CALORIES

222

PROTEIN

32 G

FAT

20 G

CARBOHYDRATE

3 G

INGREDIENTS

Lean Groud Turkey	1.3 lbs	Extra Virgin Olive Oil	1 tsp
Onion, Minced	1 Medium	Low Sodium Chicken Broth	¼ Cup
Red Bell Pepper – Diced	1 Medium	Cumin	1 tsp
Frozen Corn Kernels	1 ½ cups	Paprika	½ tsp
Canned Mild Diced Tomatoes	10 oz	Salt	½ tsp
Canned Plain Tomato Sauce	8 oz	Chili Powder	½ tsp

DIRECTIONS

1. Heat a large skillet over medium-high heat, add the turkey, season with salt and cook, breaking up with a spoon until turkey browns and is no longer pink; place into the slow cooker.
2. Add the oil to the skillet and sauté the onion, garlic and bell pepper over medium heat for about 4 to 5 minutes. Spoon over turkey into the slow cooker and stir in corn and tomatoes, tomato sauce, cumin, chili powder, paprika and salt, mix until well blended. Pour chicken broth into the crock pot and add the bay leaf.
3. Cover and cook on HIGH 4 hours or LOW 6 hours. Serve with desired toppings.