

Slow Cooker Chili

Stay warm during winter with this classic comfort dish. You can add more vegetables or even make this chili vegetarian by not using ground turkey.

Ingredients

- 2 lbs. Ground turkey, fat free
- 2 16 oz. cans kidney beans
- 2 14.5 oz. cans canned tomato
- 8 oz. tomato Sauce
- 2 medium onions, chopped
- 1 green bell pepper, chopped
- 2 garlic cloves, minced
- 2 tablespoons chili Powder
- 2 teaspoons salt
- 1 tablespoon light sour cream (optional)



http://www.finecooking.com/CMS/uploadedImages/Images/Cooking/Articles/Web_Only/Miller-Slow-Cook-Chili_Id.jpg

Directions

- 1) Cook ground turkey in a skillet over medium high heat until no longer pink.
- 2) Add all ingredients, except the optional sour cream, to the crockpot and cook on low for 6-8 hours.
- 3) Serve chili in a bowl on its own or use it as a topping, like for a small baked potato.

Adapted from Food.com- Slow Cooker Chili

Nutrition Facts

Serving Size- 1 Cup

Calories 265

% Daily Values*

Total Fat 3.6g 6%

Saturated Fat 1g 5%

Total Carbohydrate 25 9%

Dietary Fiber 7 26%

Protein 35 70%

* Percent Daily Values are based on a 2,000 calorie diet.

** These are estimated nutrient values.

Note: No Slow Cooker, no problem!
Cook ground turkey in a large pot until browned, add all other ingredients (except sour cream) and bring to a boil; let simmer for 30 minutes then serve.