

Slow Cooker Chili

Serving size: 4 (1 cup)



TOTAL TIME



DIFFICULTY



DAIRY-FREE



GLUTEN-FREE

Preparation

1. Brown the package of ground turkey on the stove.
2. Add the turkey and remaining ingredients to the crock pot. Stir and cover.
3. Cook on high setting for 4 hours or low setting for 8 hours.
4. When finished, turn off heat and let chili sit for a few minutes to thicken.

Nutrition Facts Per Serving

Calories	222
Fat	2g
Saturated Fat	0g
Cholesterol	27mg
Carbohydrate	36g
Fiber	9g
Protein	20g

Ingredients

- 1/4 small red onion, chopped
- 1 clove garlic, chopped
- 1 small red bell pepper, chopped
- 1 small green bell pepper, chopped
- 8 ounces ground turkey breast
- 1 can crushed tomatoes (28 ounces)
- 8 ounces red kidney beans, rinsed and drained
- 1 tablespoon plus 1 teaspoon brown sugar
- 1 tablespoon chili powder
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon cumin
- 1/2 teaspoon black pepper

Substitutions: ground chicken breast or 95% lean ground beef in place of turkey

