

# Slow Cooker - Turkey Chili

## Turkey

- 1 pound ground Turkey
- 1 small onion, diced
- 1 tsp. rubbed Sage
- 1/2 tsp. garlic powder
- 1 tsp. dried oregano
- 1 tsp. black pepper
- \* Optional - diced red yellow peppers

## Chili Ingredients

- 1 (15oz) can Kidney beans, drain
- 1 (15oz) can black beans, drain
- 1 (4.5oz) diced tomato paste
- 1 clove garlic, minced
- 2 TBsp Chili powder
- 1/2 Tsp Black Pepper
- SEA SALT to taste
- 1/2 Tsp Cayenne Pepper
- 1 1/2 C Water or Chickenbroth

## Directions:

Combine turkey ingredients in skillet on medium heat, breaking up into small chunks and cook until no longer pink.

Add cooked meat and all other ingredients to slow cooker, cook on low 8-10 hours. 4-6 quart slow cooker recommended. Serve in bowls and add diced onions, cheese or sour cream, if desired.

Yields: 6 servings    Serving Size: 1 cup    Calories: 272  
TOTAL FAT: 7 grams    Saturated Fats: 1 gram    Trans Fats: 0 grams  
Cholesterol: 31 mg    Sodium: 183 mg    Carbohydrates: 36 gm  
DIETARY FIBER: 13 gm    Sugars: 6 gm    PROTEIN: 19 gm