

MOT more of this  
LOT less of that

## Turkey Chili: Slow Cooker

Ground turkey is a nice alternative for ground beef with about an equal amount of protein.

**Serves: 6**

**Prep and Cook time: 5-6 hours**

### Ingredients

- 2 Tablespoons olive oil
- ½ onion diced
- 2 garlic cloves, minced
- 1 red bell pepper, chopped
- 1 lb ground lean turkey
- 2 Tablespoons chili powder
- 1 teaspoon cumin
- ¼ teaspoon each, salt and black pepper
- 1 can black beans
- 1 28 ounce can crushed tomatoes, no sugar added
- 2 cups chicken broth, no sugar added
- 1/4 cup green chilies

### Topping suggestions

- Sliced avocado, sliced jalapenos, shredded romaine lettuce, sour cream or toppings of choice

### Directions

1. Place oil in a large skillet and place over medium high heat. Add in onion, garlic and red pepper and saute for 5-7 minutes, stirring frequently.
2. Add ground turkey and break up with a wooden spoon, add salt, chili powder, cumin, garlic powder and black pepper and cook for about 5-6 minutes or until turkey is has started to brown.
3. Transfer to crock pot, add beans, broth, tomatoes and green chilis and stir to combine. Place lid on crock pot and cook on low for 4-6 hours.
4. Add toppings as desired.
5. Recipe adapted from Ambitious Kitchen

**Mary-Beth says:** *"Turkey chili is a healthy alternative, and no less delicious to traditional chili."*