



## Slow Cooker Turkey Chili

**Prep: 30 minutes**

**Cook/Slowcook: 5 hours 20 minutes • Serves: 10**

- ¼ cup extra virgin olive oil
- 1½ pounds ground turkey
- ¼ cup chili powder
- 1 teaspoon cayenne pepper
- 1 teaspoon ground cumin
- 1 teaspoon kosher salt
- 1 can (28 ounces) crushed tomatoes
- 4 garlic cloves, minced
- 4½ cups chopped skinless leftover or pre-cooked turkey meat (1½ pounds)
- ¼ cup chopped fresh cilantro leaves
- 4 teaspoons minced jalapeño pepper
- 1 can (15 ounces) chili hot beans, undrained
- 1 can (15 ounces) great Northern beans, drained
- 2 celery stalks, coarsely chopped (about 1 cup)
- 2 medium yellow onions, coarsely chopped (2 cups)
- 1½ green, red and/or orange bell peppers, coarsely chopped (2 cups)
- 4 cups low sodium chicken broth
- Shredded Cheddar cheese and sour cream (optional)

**1.** In large saucepot, heat oil over medium-high heat. Add ground turkey and cook 5 to 7 minutes or until browned, breaking up turkey with side of spoon.

**2.** Stir in chili powder, cayenne, cumin and salt. Stir in crushed tomatoes, garlic, leftover turkey, cilantro and jalapeño. Stir in beans, celery, onions, bell peppers and broth; heat to boiling over high heat. Boil 5 minutes. Reduce heat to medium; cook chili 7 minutes, stirring occasionally.

**3.** Transfer chili to 5- to 6-quart slow cooker; cover and cook on high 5 to 6 hours. To serve, top chili with cheese and sour cream, if desired.

*Approximate nutritional values per serving: 363 Calories, 13g Fat (32% of total calories), 2g Saturated Fat (5% of total calories), 83mg Cholesterol, 561mg Sodium, 32g Carbohydrates, 8g Fiber, 38g Protein*

*Dietary Exchanges:  
2 Starch; 5 Protein; 3 Fat*

Beans and legumes are a good source of protein, and lower in both fat and cholesterol than meat, making them the perfect meat alternative.

### Chef Tips

*Enjoy this recipe year-round using rotisserie chicken or turkey.*

*To avoid a mess, use a large ladle to transfer chili to your slow cooker. For best results, pull and break apart your leftover turkey before adding it to the chili mixture.*

*Healthy substitute: To save calories, divide servings into smaller portions and substitute regular sour cream with fat-free sour cream.*