



EZ as 1-2-3-Alarm Turkey Chili



1/12th of recipe (about 1 cup): 176 calories, 3g total fat (1g sat fat), 765mg sodium, 23g carbs, 5.5g fiber, 6g sugars, 13g protein

Freestyle™ SmartPoints® value 1*

SmartPoints® value 3*

Prep: 20 minutes **Cook:** 3 - 4 hours (high) *or* 7 - 8 hours (low)

Tagged: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



Ingredients

One 29-oz. can tomato sauce
One 15-oz. can chili beans (pinto beans in chili sauce), not drained
One 15-oz. can red kidney beans, drained and rinsed
One 14.5-oz. can diced tomatoes, drained
2 bell peppers (different colors), stems removed, seeded, chopped
1 large onion, chopped
1 cup frozen sliced or chopped carrots
1 cup frozen sweet corn kernels
1 to 3 canned chipotle peppers in adobo sauce, chopped, sauce reserved
2 tsp. chopped garlic
1 tsp. chili powder
1 tsp. ground cumin
1 lb. raw lean ground turkey
Optional seasoning: salt
Optional topping: light sour cream

Directions

Combine all ingredients *except* turkey in a large bowl. Add 2 tsp. adobo sauce from the canned chipotle peppers. Mix to combine and coat all beans and veggies with sauce.

Place turkey in the bottom of a slow cooker and break up into small chunks. Pour chili mixture on top and mix.

Cover and cook on high for 3 to 4 hours *or* on low for 7 to 8 hours, until turkey is fully cooked and veggies have softened. Stir well and enjoy!

MAKES 12 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.