



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

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

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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

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