

# SLOW COOKER SWEET POTATO CHILI

Preparation: **15 mins.** | Cooking: **6 Hours** | Servings: **6**

## INGREDIENTS

|                                |                                    |
|--------------------------------|------------------------------------|
| 1 tbsp. olive oil              |                                    |
| 1 cup diced onions             | ½ cup chicken broth                |
| 2 garlic cloves                | 2 tsp red pepper flakes            |
| 1 lb. extra-lean ground turkey | 2 tsp ground cumin                 |
| 1 cup red bell pepper          | 2 tsp paprika                      |
| ½ cup diced celery             | ½ tsp ground coriander             |
| 1 cup diced carrots            | Salt and pepper                    |
| 2 cups sweet potato            | 1 can red kidney beans             |
| 1 can diced tomatoes           | Chopped green onions (for garnish) |
| 1 cup tomato sauce             |                                    |



## INSTRUCTIONS

Sauté onion and garlic in a skillet for 3 to 4 minutes. Add the ground turkey and cook for an additional 5 minutes.

Pour cooked meat into slow cooker. Add red bell pepper, celery, sweet potato, diced tomatoes, tomato sauce. ½ cup broth, red pepper flakes, cumin, paprika, coriander, salt and pepper.

Stir, cover and let cook on low heat for 5 to 6 hours.

Add red kidney beans and continue cooking for 10 minutes.

Top with green onions and serve.