

SLOW COOKER TURKEY CHILI

Preparation: **20 mins.** | Cooking: **4 hours** | Servings: **8**

INGREDIENTS

1 tbsp. extra-virgin olive oil
1 red onion, finely chopped
1 green Bell Pepper, chopped
1 1/2 lb. ground turkey
Kosher salt
Freshly ground black pepper
2 cloves garlic, minced
2 tbsp. tomato paste
1 (28-oz.) can chopped tomatoes
1 (15-oz.) can black beans, rinsed and drained
1 (15-oz.) can kidney beans, rinsed and drained
1 1/2 c. low-sodium chicken broth
2 tsp. chili powder
1 tsp. ground cumin
1 tsp. dried oregano
Shredded cheddar, for garnish
Thinly sliced green onions, for garnish



INSTRUCTIONS

Soften onions and peppers in an oiled skillet over medium-high heat, about 4 minutes. Add the ground turkey and cook until golden brown. Season with salt, pepper, garlic and tomato paste. Cook about 2 minutes then move mixture to a slow cooker.

After adding the remains from the skillet, add tomatoes, black beans, kidney beans, chicken broth, chili powder, cumin and oregano. Cook on high for 4 hours, until thickened. Add additional seasoning to taste.

Garnish with cheese and green onion.