

SLOW-COOKER TURKEY CHILI

INGREDIENTS

- 1 Tbsp olive oil
- 1 cup chopped onion
- 2 garlic cloves, minced
- 1½ pounds ground turkey
- 15-oz can black beans, drained and rinsed
- 14½-oz can low-sodium diced tomatoes with chilies
- 10.75-oz can reduced-sodium tomato soup
- 15-oz can pizza sauce
- 2 Tbsp chili powder
- 1 Tbsp reduced-sodium Worcestershire sauce
- ¼ tsp ground pepper

DIRECTIONS

1. Heat oil in a large pan over medium-high heat.
2. Add onion and garlic. Cook about 2 minutes until golden brown.
3. Add turkey, cook until broken up and browned, about 5 minutes. Transfer turkey mixture to a slow-cooker.
4. Stir in remaining ingredients. Cook on low heat for 8 hours, or high heat for 4 hours.



Courtesy of Academy of Nutrition & Dietetics

Serves: 8

Nutrition Information: Calories: 297; Total fat: 11g; Saturated fat: 2.5g; Sodium: 213mg; Total carbohydrate: 26g; Protein: 7g.