

Crock Pot Recipe: Turkey Chili

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Cooking With Carolyn

Ingredients

Yield: 8- 1¼ Cup Servings

- 1¼ Pound Lean Ground Turkey, 93%/ 7%
- ½ Cup Onions, diced
- 1/3 Cup Bell Pepper, diced
- 1/3 Cup Celery, diced
- 3 to 4 Cloves Garlic, finely minced
- 1 Bay Leaf
- 2 Tablespoons Grand Diamond All Purpose Seasoning
- 1 Teaspoon Kosher Salt
- 1 Teaspoon Black Pepper
- 4 Tablespoons Chili Powder
- 1 Teaspoon Smoked Paprika
- 1½ Teaspoons Ground Cumin
- 2 Teaspoons Ground Coriander
- 1 Teaspoon Mexican Oregano
- 1 Tablespoon Dark Brown Sugar, lightly packed
- 1 Teaspoon Red Pepper Flakes (optional)
- 1-14oz. Can Diced Tomatoes
- 1-6oz. Can Tomato Paste
- 4 Tablespoons Worcestershire
- 2½ Cups Low Sodium Chicken Stock/Broth
- 1-15oz. Can Kidney Beans or Pinto Beans, drained and rinsed (optional)

Directions

First, chop the onions, bell pepper, celery and garlic. Next, add all of the ingredients into the pot **except** the beans. Stir well.

Cook the chili on high for 5½ hours or low for 8 hours. No matter which cooking time you choose, add the beans to the chili during the last hour of the cooking time and stir. (**Tip:** This will also be a good time to taste the chili to see if you need add more salt and pepper to taste, just in case.)

Once it's done, serve any way you like. You can also cool the chili down, portion it into plastic freezer bags, label, date, and freeze for later use.

***Nutrition Stats per 1¼ Cup Serving**

Calories: 195

Carbs: 25grams

Protein: 21 grams

Fat: 2 grams

*Stats may vary depending on the brands and products used for this recipe.