



## 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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