



Turkey-Rific Taco Bean Dip



1/12th of recipe (about 1/2 cup): 131 calories, 2.5g total fat (1g sat. fat), 453mg sodium, 16g carbs, 4g fiber, 2.5g sugars, 11g protein

Prep: 10 minutes **Cook:** 3 - 4 hours on low or 7 - 8 hours on high, plus 10 minutes



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Ingredients

10 oz. raw lean ground turkey
1 1/2 tsp. taco seasoning mix
2 cups diced plum tomatoes (about 4 tomatoes)
1 cup diced onion (about 1/2 large onion)
Two 16-oz. cans fat-free refried beans
Two 4-oz. cans diced green chiles
1/2 cup shredded reduced-fat Mexican-blend cheese
Serving suggestions: baked tortilla chips, sliced bell peppers

Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add turkey and sprinkle with taco seasoning. Cook and finely crumble until turkey is fully cooked, about 6 minutes. Drain any excess liquid and transfer turkey to the slow cooker.

Evenly top turkey with tomatoes, onion, beans, and chiles.

Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours.

Turn off slow cooker and remove lid. Add cheese and stir well.

Serve with your guilt-free dippers of choice and enjoy!

MAKES 12 SERVINGS

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