

# Slow Cooker Turkey Chili

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## Servings: 6

*1 1/2 pounds ground turkey*  
*3 tablespoons olive oil*  
*1 onion, finely chopped*  
*1 tablespoon garlic, minced*  
*1 tablespoon ground cumin*  
*2 teaspoons dried oregano*  
*1 teaspoon salt*  
*1/2 teaspoon pepper*  
*1 can (28 ounce) tomatoes, undrained*  
*1 can (10.75 ounce) chicken broth*  
*2 1/2 cups canned cannelli beans, drained and rinsed*  
*1 small can chopped green chilies, drained*  
*1 green bell pepper, sliced thin*  
*1 cup Mexican-style cheese, grated*  
*sour cream (optional)*  
*salsa (optional)*  
*cilantro (optional), chopped*

## Preparation Time: 15 minutes

### Slow Cooker Time: 7 hours

In a large skillet, saute' the turkey in two tablespoons of oil for about 5 minutes, breaking up the turkey with a fork. Drain the liquid. Transfer the turkey to a slow cooker.

In the remaining oil, saute' the onion for 4 minutes. Add the garlic, cumin, oregano, salt and pepper. Saute' for 1 minute. Add the tomatoes and broth. Simmer for about 5 minutes. Stir in the beans. Pour over the turkey in the slow cooker. Stir well.

Cook on LOW for six hours.

Stir in the chilies, bell pepper and cheese.

Cook, uncovered, for 15 minutes on HIGH.

Spoon into bowls. Serve with sour cream, salsa and cilantro.

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Per Serving (excluding unknown items): 260 Calories; 17g Fat (58.4% calories from fat); 22g Protein; 5g Carbohydrate; 1g Dietary Fiber; 90mg Cholesterol; 594mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1 Vegetable; 1 1/2 Fat.