

Turkey and Brown Rice Chili

*Best Slow Cooker Recipes
Pillsbury Classic Cookbook #370*

Servings: 6

*1 tablespoon vegetable oil
3/4 pound ground turkey breast
1 large (one cup) onion, chopped
2 cans (14.5 ounce ea) organic diced tomatoes, undrained
1 can (15 to 16 ounce) chili beans in sauce, undrained
1 can (4.5 ounce) chopped green chiles, drained
1/2 cup water
1 tablespoon sugar
2 teaspoons chili powder
1 teaspoon ground cumin
1/2 teaspoon salt
2 cups cooked brown rice*

Preparation Time: 20 minutes

Spray a three- to four-quart slow cooker with cooking oil.

In a twelve-inch nonstick skillet, heat the oil over medium heat. Cook the turkey and onion in oil for 8 to 10 minutes, stirring frequently, until the turkey is no longer pink. Drain.

In the slow cooker, mix the turkey mixture and the remaining ingredients except the rice.

Cover and cook on LOW heat setting for eight to ten hours.

Stir the rice into the chili. Increase the heat setting to HIGH.

Cover and cook about 15 minutes longer or until the rice is hot.

Start to Finish Time: 8 hours 35 minutes

Per Serving (excluding unknown items): 115 Calories; 3g Fat (23.6% calories from fat); 2g Protein; 20g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 189mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Slow Cooker, Soups, Chili and Stews,
Turkey

Per Serving Nutritional Analysis

Calories (kcal):	115	Vitamin B6 (mg):	.2mg
% Calories from Fat:	23.6%	Vitamin B12 (mcg):	0mcg

% Calories from Carbohydrates: 69.4%
 % Calories from Protein: 7.0%
 Total Fat (g): 3g
 Saturated Fat (g): trace
 Monounsaturated Fat (g): 2g
 Polyunsaturated Fat (g): 1g
 Cholesterol (mg): 0mg
 Carbohydrate (g): 20g
 Dietary Fiber (g): 2g
 Protein (g): 2g
 Sodium (mg): 189mg
 Potassium (mg): 104mg
 Calcium (mg): 19mg
 Iron (mg): 1mg
 Zinc (mg): trace
 Vitamin C (mg): 20mg
 Vitamin A (i.u.): 353IU
 Vitamin A (r.e.): 35 1/2RE

Thiamin B1 (mg): .1mg
 Riboflavin B2 (mg): trace
 Folic Acid (mcg): 9mcg
 Niacin (mg): 1mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value

Food Exchanges

Grain (Starch): 1
 Lean Meat: 0
 Vegetable: 1/2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 1/2
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 115 Calories from Fat: 27

% Daily Values*

Total Fat 3g 5%
 Saturated Fat trace 2%
 Cholesterol 0mg 0%
 Sodium 189mg 8%
 Total Carbohydrates 20g 7%
 Dietary Fiber 2g 7%
 Protein 2g

Vitamin A 7%
 Vitamin C 33%
 Calcium 2%
 Iron 5%

* Percent Daily Values are based on a 2000 calorie diet.