



*Simple,  
Seasonal,  
Sustainable*

Recipe of the Week  
***Slow Cooker Turkey Chili***

**Ingredients:**

- 1 teaspoon olive oil
- 1 pound ground turkey
- 1 large onion, chopped
- 1 clove garlic, minced
- 2 red bell peppers, chopped
- 2 cups frozen corn
- 1 (28 ounce) can no salt added diced tomatoes
- 1 (15 ounce) can low sodium black beans, rinsed
- 2 tablespoons tomato paste
- 2 tablespoons chili powder
- 1 teaspoon cumin
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 1/8 teaspoon cinnamon
- 1/4 cup fat free sour cream
- 1/2 cup shredded cheddar cheese
- 1 bunch chives, snipped

**Directions:**

1. In large skillet heat oil and cook turkey, onion and garlic over medium-high heat, stirring until turkey crumbles and is no longer pink; drain.
2. Spoon mixture into a 5 quart slow cooker; stir in peppers, corn, tomatoes, beans, tomato paste, chili powder, cumin, cayenne, salt, and cinnamon until well blended.
3. Cook on HIGH for 4-5 hours or LOW for 6-8 hours. Serve with sour cream, cheese, and chives.

Serves 6  
300 calories, 6 g fat, 9 g fiber, 29 g protein,  
440 mg sodium

Source: Consumer Reports

