

# Heavenly Turkey Chili

This recipe is high in protein with antioxidants.



COURSE

Appetizer, Main Course

CUISINE

American



## INGREDIENTS

- 2 lbs Extra Lean Ground Turkey
- 1 Pkg Mild Chili Mix
- 1 Red Onion chopped and diced
- 2 Jalapeno Peppers, slice, take out seeds and dice
- 1 Red Bell Pepper chopped and diced
- 1 cup Fresh Cilantro chopped
- 1 cup Fresh Italian Parsley chopped
- 1 cup Fresh Watercress chopped
- 1 lrg. can Whole Tomatoes
- 2 cans Stewed Chili Tomatoes
- 1 can Chili Pinto Beans
- 1 can Pinto Beans
- 3 cups Water

## INSTRUCTIONS

1. Cook Extra Lean Ground Turkey until slightly browned.
2. Stir in Pkg of Mild Chili Mix and place meat at the bottom of the Crockpot.
3. Layer remaining ingredients: Red Onion, Jalapeno, Cilantro, Parsley, Watercress, Whole Tomatoes, Stewed Chili Tomatoes, Chili Pinto Beans, Pinto Beans, Water.
4. Cook on Low for 6-8 hours stirring occasionally.
5. Can add Tomato Paste at the end to thicken if desired.
6. Great Topping are Fat Free Sour Cream, Low Fat Shredded Cheese, Green Onions and Olives.

## NOTES

### Shopping List:

2 lbs. Extra Lean Ground Turkey, 1 Red Onion, 2 Jalapeno Peppers, 1 Red Bell Pepper, 1 bunch of Fresh Cilantro, 1 bunch of Fresh Italian Parsley, 1 bunch of Watercress, 1 Pkg. Mild Chili Mix, 1 lrg. Can Whole Tomatoes, 2 Cans of Stewed Chili Tomatoes, 1 Can of Chili Pinto Beans, 1 Can Pinto Beans, 1 Small Can Tomato Paste optional. Toppings: Fat Free Sour Cream, Low Fat Shredded Cheese, Green Onion and Olives optional.

### Health Comments:

This Turkey Chili recipe is high in protein with antioxidant phytonutrients, Vitamins C, A, Calcium, Potassium, Manganese, Phosphorus, and Iron.

