

vnast's yummy tummy-warming protein-packed crock chili:

this makes a solid full crockpot of chili, more than 6 servings at least.

pregame notes:

it needs to be in the crockpot for at least 3 hrs on low, crank it up for the last 45 mins to high so it's nice and piping hot when you serve it.

i found a "pillsbury simply rustic french bread" that is good for you and goes GREAT as a dipping bread for this chili! i sprayed the bread with fat-free extra virgin olive oil cooking spray, a sprinkle of garlic powder, oregano, and baked according to instructions on container.

ingredients & measurements:

- 1 lb lean ground turkey (browned on stovetop and drained)
- 2 pkgs of oscar mayer oven roasted chicken chunks (found in the lunch meat area of most grocery stores)
- 6-8 baby carrots chopped into bite-size pieces
- 3 celery stalks chopped into bite-size pieces
- 1/4 of a cucumber chopped into bite-size pieces (i cut out the seeds in the middle)
- 1/2 a large onion minced
- 1 can tomato juice
- 12 oz can tomato paste
- 2 small cans diced green chiles
- 3 cans stewed tomatoes (or 'chili ready diced tomatoes' work too)
- 1 can drained diced jalaps (leave these OUT if you don't like the heat!)
- 1/2 block of light cream cheese
- 3 packets of chili seasoning mix (whichever kind you like the best, i used the slow cooker version, one spicy)
- 1/3 cup brown sugar (i use [this instead](#) to decrease sugar, also makes it diabetic friendly!)
- 1/2 cup light sour cream

(for extra heat...hit it with a few splashes of hot sauce, add a few sprinkles of paprika, crushed red pepper flakes, and a clove of minced garlic!)

(for extra creaminess you can throw in a 1/4 block of light cream cheese! there are several fun flavored versions out there to try also!)

this sits in the crockpot for 2 hrs and 15 mins on low (because all the meat is PRE-COOKED. then when you to turn it up to high, liberally sprinkle garlic powder, oregano, a few pinches of kosher salt, and a hearty sprinkle of ground black pepper over whole chili and stir in. also blend in a few sprinkles of reduced fat shredded mild cheddar.

serve in bowls with the bread, or scoop with organic tortilla chips! serve with a side salad, Mexican rice, or light refried beans!

chili is SUCH a versatile dish, that is why i make it so often. this is a tex-mex inspired version. you can use ANY meat your heart desires! you can even make a fishy version!! i've also made this recipe with chorizo, hot Italian sausage, many types of beans, lentils, scallops, etc! if you adapt this dish in these fun ways, just make sure you properly prepare the meat or fish first! or crank up the heat in the crock sooner to cook the meat properly, you don't want to give yourself and/or your family food poisoning! enjoy!