
SLOW-COOKER TURKEY CHILI



INGREDIENTS

- 1 tbsp. extra-virgin olive oil
- 1 red onion, finely chopped
- 1 green Bell Pepper, chopped
- 1 ½ lb. ground turkey
- Kosher salt
- Freshly ground black pepper
- 2 cloves garlic, minced
- 2 tbsp. tomato paste
- 1 (28-oz.) can chopped tomatoes
- 1 (15-oz.) can black beans, rinsed and drained
- 1 (15-oz.) can kidney beans, rinsed and drained
- 1 ½ c. low-sodium chicken broth
- 2 tsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. dried oregano
- Shredded cheddar, for garnish
- Thinly sliced green onions, for garnish

DIRECTIONS

1. In a large skillet over medium-high heat, heat oil. Add onion and pepper and cook until beginning to soften, about 4 minutes. Add ground turkey and cook, stirring occasionally, until turkey is golden (it doesn't have to be completely cooked through at this point). Season with salt and pepper, then stir in garlic and tomato paste and cook until fragrant, about 2 minutes. Transfer mixture to a slow cooker.
2. To the slow cooker, add tomatoes, black beans, kidney beans, chicken broth, chili powder, cumin and oregano. Cook on high for 4 hours, until chili has thickened. Check for seasoning and season with salt and pepper to taste.
3. Garnish with cheese and green onion, if desired.