



Double Bean and Turkey Chili

INGREDIENTS

- 1 TBS olive oil
- 1 bell pepper; chopped
- 1 (28 oz) can fire roasted tomatoes
- 1 (15 oz) can black beans, rinsed and drained
- 2 TBS chili powder
- 1 TBS cinnamon
- Salt and Pepper to taste
- 1 medium onion; diced
- 1 lb 99% lean ground turkey
- ½ can tomato paste
- 1 (15 oz) can red kidney beans, rinsed and drained
- 1 TBS cumin
- 1 TBS granulated garlic powder
- Jalapeño peppers, drained and diced (optional)

DIRECTIONS

Heat the oil in a skillet over medium heat. Place onions and peppers in the skillet and cook until slightly browned. Add turkey and cook until the meat is not pink.

Pour onions, peppers and turkey into slow cooker. Add the tomatoes, tomato paste, beans, chili powder, cumin, cinnamon, garlic and jalapeños, if desired. Stir and season with salt and pepper. Cover and cook on High for 4 hours or low for 6 hours stirring every hour or so.

Serves 6; 200 calories per serving.