

Slow Cooker Turkey Chili: A Healthy and Hearty Recipe

It's a one-pot meal, making clean-up a breeze.



TIME
15 min

METHOD
Slow cooker

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INGREDIENTS

- 1 pound lean ground turkey
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 red bell pepper, diced
- 1 can of kidney beans, drained and rinsed
- 1 can of black beans, drained and rinsed
- 1 can of diced tomatoes
- 1 cup of chicken broth
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- Salt and pepper to taste

DIRECTIONS

1. In a skillet, cook the ground turkey over medium heat until browned. Drain any excess fat.
2. Add the cooked turkey to the slow cooker along with the diced onion, minced garlic, and diced red bell pepper.
3. Add the drained and rinsed kidney beans and black beans to the slow cooker.
4. Pour in the can of diced tomatoes and chicken broth.
5. Add the chili powder, cumin, paprika, and salt and pepper to taste.
6. Stir all the ingredients together until well combined.
7. Cover the slow cooker and cook on low for 4-6 hours or on high for 2-3 hours.
8. Once done, give the chili a stir and adjust the seasoning if needed.
9. Serve hot and enjoy!
10. Pro tip: For an extra kick of heat, add a diced jalapeno or a dash of cayenne pepper to the chili.

TIPS FOR SUCCESS

For a thicker chili, add a can of tomato paste or reduce the amount of chicken broth.

If you prefer a chunkier chili, leave the beans whole instead of mashing them.

To save time, you can also use pre-cooked ground turkey or leftover turkey from a previous meal.

This chili can also be made on the stovetop if you don't have a slow cooker.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/slow-cooker-turkey-chili-a-healthy-and-hearty-recipe/>