



## Three Bean Turkey Chili

SERVINGS: 6-7

PREPPING TIME: 10 MIN

COOKING TIME: 6-8 HRS

### INGREDIENTS

1.5 lb Turkey, raw  
 1 Small onion, chopped  
 28.2 oz Diced canned tomato  
 14-16 oz canned Tomato sauce  
 5.3 oz Can chopped green chillies  
 14 oz Can low sodium Chickpeas  
 14 oz Can low sodium Black Beans  
 14 oz Can low sodium Kidney Beans  
 1 tsp Cumin, ground  
 1 tsp Oregano, dried  
 2 Cloves garlic, chopped  
 1 tsp - 1 Tbsp Chili Powder  
 1 tsp Sugar  
 1/2 Cup Fresh Coriander, chopped

### DIRECTIONS

1. Use non-stick spray to a shallow pan. Bring to a high heat and add in turkey. Brown the turkey (I use a fork to help break it up into smaller pieces).
2. After a few minutes, add in the onion and continue to cook for a further 5 minutes.
3. Transfer into slow cooker and add in the tomatoes, tomato sauce, chillies, chickpeas, black beans, kidney beans, cumin, oregano, garlic, chili powder, and sugar, mix well.
4. Cook on low for 6-8 hours or high for 4 hours.
5. Stir in freshly chopped coriander and top with red onions.

### NUTRITION

Serving size: 1.5 cups (ATNG 3 protein & 1 starch)  
 (per serving) 330 calories, 4g fat, 0.5g saturated fat, 55mg cholesterol,  
 540mg sodium, 42g carbohydrate, 12g fiber, 7g sugar, 36g protein