

## Recipe of the week

February 26, 2018



### Quick slow cooker turkey chili

Throw it together in the morning, enjoy it for dinner. This yummy turkey chili is a soul-warmer, and as with most slow cooker recipes, it's easy to follow and simple to make! Here's the details:

#### Ingredients

- 1 tablespoon vegetable oil
- 1-pound ground turkey
- 2 cans low sodium tomato soup
- 2 cans kidney beans, drained
- 1 can black beans, drained
- 1/2 medium onion, chopped
- 2 tablespoons chili powder
- 1 teaspoon red pepper flakes
- 1/2 tablespoon garlic powder
- 1/2 tablespoon ground cumin
- 1 pinch ground black pepper
- 1 pinch ground allspice

#### Directions

1. Heat the oil in a skillet over medium heat. Place turkey in the skillet and cook until evenly brown, then drain.
2. Spray the inside of the slow cooker with cooking spray, then mix in turkey, tomato soup, kidney beans, black beans, and onion.
3. Next, season with chili powder, red pepper flakes, garlic powder, cumin, black pepper, allspice, and salt.
4. Cover, and cook 8 hours on low or 4 hours on high.

Recipe adapted from the All Recipes