

You Won't Really Die Crockpot Chili

INGREDIENTS

Olive oil spray (propellant free)

1 medium red onion, coarsely chopped

2 pounds extra lean (99% lean) ground turkey breast

1 (28-ounce) can crushed tomatoes

1 (14.5 ounce) can no-salt-added diced tomatoes, drained

1 tablespoon + 1 teaspoon chili powder

2 tablespoons brown sugar

1 tablespoon cocoa powder

2 teaspoons chipotle chili pepper (found in the spice aisle)

1 bay leaf

¼ teaspoon hot sauce or more, to taste (optional)

½ teaspoon sea salt

Fresh ground black pepper, to taste



Makes 8 Servings

Each (about 1 heaping cup) serving has: 176 calories, 2.4 g fat, trace saturated fat, 0 trans fat, 45 mg cholesterol, 12 g carbohydrates, 3 g fiber, 3 g sugars, 30 g protein, 359 mg sodium

Recipe compliments of Devin Alexander from "You Can Have It!" copyright 2018, American Diabetes Association.

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INSTRUCTIONS

Heat a large, nonstick soup pot to medium-high heat. Lightly mist it with spray. Add the onions and cook them, stirring occasionally, until the onions are tender, about 5-7 minutes. Remove them from the pan, turn the heat to medium high. When the pan is hot, remove it from the burner just long enough to mist it with spray. Add the turkey and cook it, breaking into bite-sized chunks as you do, until it is no longer pink throughout and there is no excess water in the pan, about 5 minutes.

Add the onions back to the pan. Stir in the crushed and diced tomatoes, chili powder, sugar, cocoa powder, chili pepper, and bay leaf. Cover the pot with a lid, and cook over low heat for at least two hours, stirring occasionally. Season with salt and pepper to taste. Enjoy immediately or allow it to cool to warm, then refrigerate any chili not consumed for up to 3 days.



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