

## SUPER EASY TURKEY CHILI - Crock Pot Winter Meal

PREHEAT: Crock Pot, low temperature

POT:Crock Pot

- 1 pound turkey, freshly ground
- 1 onion, finely chopped
- 1/2 teaspoon seasoned salt
- 2 teaspoons chili powder
- 1 tablespoon Worcestershire sauce
- 1 (15 ounce) can tomato sauce
- 2 (16 ounce) cans black or kidney beans, drained and rinsed
- 1/2 cup milk green peppers, finely chopped
- 1 tablespoon parsley, minced

Put all in crock pot. Cover and cook for 68 hours. Serve.

OPTIONS: Replace ground turkey with ground chicken or lean ground beef

Add 1/2 teaspoon cayenne pepper

Top with 1/2 cup white mozzarella cheese

5 COLORS: tan, white, red, green, brown or black

FOOD CIRCLES: poultry, vegetables, fruit, legumes (+dairy option)

Number of Servings: 4-6

Serve with: Garlic bread, salad, water

Comment: "Mom, it is really good. Very Good!" (mother of two)

### GROCERY LIST

- turkey, freshly ground
- onion
- seasoned salt
- chili powder
- Worcestershire sauce
- tomato sauce
- black or kidney beans, canned
- green peppers, mild
- parsley, fresh

### OPTIONS

- chicken, freshly ground
- beef, lean freshly ground
- mozzarella cheese