



Easy Turkey & Veggie Chili

Preparation time: 25 minutes

Thawing time: 24 hours (1 day in the refrigerator)

Cooking time: 4 hours on low OR 8 hours on high in a slow cooker

Number of servings: 10 (5 servings per bag)

Ingredients

- 1 pound lean ground turkey (at least 90% lean)
- 2 8-ounce cans tomato sauce
- 2 14.5-ounce cans diced tomatoes
- 2 14.5-ounce cans black beans
- 1 14.5-ounce can corn (or 2 cups frozen corn)
- 1 yellow or white onion
- 1 green or red pepper (or 4 mini peppers)
- 4 teaspoons chopped garlic (or garlic powder)
- 2 Tablespoons chili powder



Supplies

- 1 cutting board
- 1 large knife to chop the onions and peppers
- 1 can opener
- 1 cup measuring cup
- Measuring spoons
- 2 1-gallon freezer bags
- Crock pot for cooking



Instructions

1. Gather your ingredients.
2. Gather your supplies.
3. Wash your hands with soap and warm water for 20 seconds.
4. Dry hands with a paper towel or clean towel.
5. Open the two freezer bags.
6. Label the bags with the recipe name and date.
7. Wash the onion and peel off the outer layers.
8. Wash the peppers.
9. Chop the onion into small pieces.
10. Put half of the onions into each bag.
11. Open the pepper(s) and remove the seeds.
12. Chop the peppers into small pieces.
13. Put half of the peppers into each bag.
14. Open the cans of tomato sauce, diced tomatoes, black beans, and corn.
15. Put one can of tomato sauce, diced tomatoes, and black beans in each bag.
16. Put half of the corn into each bag.
17. Chop the garlic if needed.
18. Measure 2 teaspoons of chopped garlic for each bag.
19. If using garlic powder, measure 1 teaspoon for each bag.
20. Measure out 1 Tablespoon of chili powder for each bag.
21. Open the ground turkey (or ground beef) package.
22. Put half of the ground turkey or ground beef in each bag.
23. Wash your hands with warm water for at least 20 seconds.
24. Dry with paper towels or a clean towel.
25. Release air from the freezer bag and close tightly.
26. Gently mix the ingredients in each bag.
27. Freeze bags flat in your freezer for up to 3 months.



To Cook

1. Place your freezer bag in the refrigerator in a bowl or container.
2. Thaw overnight.
3. Place in a 4 or 6-quart slow cooker (or crock pot).
4. Cook 4 hours on high or 8 hours on low.
5. Turn off the slow cooker when the time is finished. Enjoy!



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Nutrition Facts

Serving Size 1 Serving

Amount Per Serving

Calories 247.4

	% Daily Value*	
Total Fat	6.2 g	8 %
Saturated Fat	1.5 g	8 %
Trans Fat	0.1 g	
Cholesterol	47.2 mg	16 %
Sodium	757.7 mg	33 %
Total Carbohydrate	30.9 g	11 %
Dietary Fiber	9.4 g	33 %
Total Sugars	4.9 g	
Added Sugars	0 g	0 %
Protein	19.4 g	
Vitamin D	0.1 mcg	0 %
Calcium	68.5 mg	5 %
Iron	3 mg	17 %
Potassium	803 mg	17 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com

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