

Slow-Cooker Turkey Chili Recipe

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Use the slow cooker to make this chili that your [kids will love and that won't keep you in the kitchen for hours.](#) 

Ingredients

- 1 tablespoon olive oil
- 1 cup chopped onion
- 2 garlic cloves, minced
- 1½ pounds ground turkey
- 1 15-ounce can black beans, drained and rinsed
- 1 14 ½-ounce can low-sodium diced tomatoes with chilies
- 1 15-ounce can pizza sauce
- 1 10.75-ounce can reduced-sodium tomato soup
- 2 tablespoons chili powder
- 1 tablespoon reduced-sodium Worcestershire sauce
- ¼ teaspoon ground pepper

Directions

Before you begin: Wash your hands.

1. Heat oil in a large pan over medium-high heat.
2. Add onion and garlic. Cook about 2 minutes until golden brown.
3. Add turkey, cook until broken up and browned, about 5 minutes. Transfer turkey mixture to a slow-cooker.
4. Stir in remaining ingredients. Cook on low heat for 8 hours, or high heat for 4 hours.

Nutrition Information

Serving size: 1

Serves 8

Calories: 297; Total Fat: 11g; Saturated Fat: 2.5g; Sodium: 213mg; Total Carbohydrates: 26g;
Protein: 7g

Mary Mullen, MS, RD, is co-author of Healthy Eating, Healthy Weight for Kids and Teens from the Academy of Nutrition and Dietetics.