

Slow Cooker Turkey Quinoa Chili with Sweet Potatoes and Black Beans

YIELD: 6 SERVINGS



Ingredients

- 1 tablespoon extra virgin olive oil
 - 1 pound lean ground turkey
 - 1 large yellow onion — *small dice*
 - 2 teaspoon kosher salt
 - 2 teaspoon garlic powder
 - 1 teaspoon black pepper
 - 1 tablespoon chili powder
 - 2 teaspoons chipotle chili pepper
 - 2 teaspoons cumin
 - 3 small sweet potatoes — *peeled and diced (about 1 pound)*
 - 1 cup uncooked quinoa
 - 1 can crushed tomatoes — *(28 ounces)*
 - 1 can black beans — *(15 ounces) rinsed & drained*
 - 4 cups low-sodium chicken stock
- For serving top with: chopped cilantro, avocado, shredded cheese, tortilla chips, and low fat sour cream*

Instructions

1. Heat the olive oil in a large skillet or Dutch oven over medium high. Add the turkey, onion, salt, garlic powder, and black pepper. Cook and stir, breaking up the turkey as you go, until the turkey is no longer pink, about 5 minutes. Stir in the chili powder, chipotle chili powder, and cumin, then transfer to the bottom a large slow cooker.
2. To the slow cooker, add the chopped sweet potatoes, quinoa, chicken stock, crushed tomatoes, and black beans. Cover and cook on high for 3-4 hours or low for 5-6 hours, until the potatoes are tender. Stir in additional chicken stock if the chili is thicker than you would like. Serve warm with desired toppings.

Recipe Notes

- Leftover slow cooker turkey quinoa chili can be stored in the refrigerator for up to 5 days or frozen for up to three months.