

Turkey Chili crock pot recipe

Food Item:	Amount:	Notes:
Olive oil	¼ cup	
Ground turkey	1-1 1/2 lb.	
Onion	1-1 ½ cups	diced
Garlic	1 Tablespoon	minced
Poblano peppers	½ - 1 cup about 1 chili	
Canned plum tomatoes	24 oz. (2 standard cans)	hand mashed
Ground cumin	1 ½-2 Tablespoons	
Chili powder	2-3 Tablespoons	
Ground chipotle chili powder	½ teaspoon (a bit more if you like spicy)	
Smoked paprika	1-1 ½ Tablespoons	
Cinnamon stick	1-2 each	
Bay leaves	3 each	
Dried oregano	2 teaspoons	
Kosher salt	about 1 Tablespoon to taste	
Black pepper	about 2 teaspoons to taste	
Broth	1 cup (chicken or water)	

Procedure:

Begin by Spreading the ground turkey on a baking tray and place into a 400 degree oven for about 10 minutes or until fully cooked. Meanwhile saute the garlic, onions and peppers in the olive oil for about 3-4 minutes in a saute pan big enough to hold them. Transfer the garlic, onions, peppers and turkey into your crock pot. Add all the spices and stir well. Add the tomato and broth. Cook on low for about 6 hours. Add broth if needed.