

## Crock Pot Turkey Chili



This chili is incredibly tasty, easy, inexpensive, and healthy! You don't need to put fatty beef in chili to make it 'chili', just add all the spices you love and you'll forget that you used ground turkey (or make it vegetarian). Hearty, satisfying, and pure comfort food. Mix it all up in the morning, put it on low, and forget about it until dinner...Enjoy!

### Ingredients

- 1 lb. ground turkey
- 1/2 chopped white onion
- 3-4 minced garlic cloves
- 29 oz. can tomato sauce (Hunt's)
- 1 can low sodium black beans
- 1 can low sodium kidney beans
- 1 can low sodium corn
- 1 can diced green chilies
- cayenne pepper
- cumin
- chili powder

Serve with  
sliced jalapeno  
2% cheese  
cornbread  
saltine crackers

- Sweat onions in a skillet on low-medium heat
- Prepare Crock Pot by putting a slow cooker bag in it, turn on low, and spray with Pam
- Drain beans and corn and add to slow cooker with tomato sauce and green chilies
- Add onions to slow cooker once they are soft
- Add garlic to pan over medium-high heat
- Add turkey and break into small chunks with a wooden spoon
- Add turkey to slow cooker once it is browned
- Add 1 tablespoon chili powder and 1/2 tablespoon each cumin and cayenne pepper (these are purely starting points so season to taste)
- Stir everything in slow cooker until it is combined and cover (Cook on low for 6-8 hours or High for 4-6 hours)
- Serve in bowls with sliced jalapeno and cheese as toppings and of course with cornbread or saltines on the side

Yield: Approximately 8.5 cups  
1 cup: 220 calories (chili)

Recipe Provided by:

<http://thecollegiatecook.blogspot.com/search/label/Soups%20and%20Stews>

## Calculate your Body Mass Index

1. Weight (in lbs): \_\_\_\_\_
1. Divide that number by 2.2 to convert your weight into kilograms (2.2 lb/kg): \_\_\_\_\_
1. Height (in inches): \_\_\_\_\_
1. Multiply that number by 0.0254 to convert your height in inches to meters (0.0254 m/in): \_\_\_\_\_
1. Square your height in meters: \_\_\_\_\_
1. Calculate your BMI by dividing your answer from number 2 by your answer in number 4 (kg/m<sup>2</sup>): \_\_\_\_\_

## What does your BMI mean?

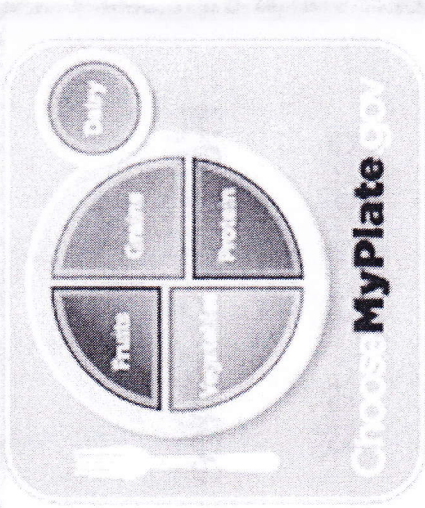
BMI ≤ 18.4: Underweight

BMI 18.5-24.9: Normal

BMI 25.0-29.9: Overweight

BMI ≥ 30.0: Obese

*Note: Achieve a healthy BMI by eating a healthy and nutritious diet, in addition to getting at least 30 minutes of exercise a day!*



## Choose MyPlate

### 10 Tips to a Great Plate:

1. Balance calories
2. Enjoy your food, but eat less
3. Avoid oversized portions
4. Foods to eat more often: eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products
5. Make half your plate fruits and vegetables
6. Switch to fat-free or low-fat (1%) milk
7. Make half your grains whole grains
8. Foods to eat less often: cut back on foods high in solid fats, added sugars and salt
9. Compare sodium in foods
10. Drink water instead of sugary drinks (Institute of Medicine guidelines for water intake is 13 cups for men a day and 9 cups a day for women.)