

SLOW COOKER TURKEY CHILLI

Serves 8

NUTRITIONAL INFORMATION:

Dairy Free, Gluten Free, High Protein



GYMGAIR

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Kcal: **283**

Protein: **25g**

Carbohydrate: **21g**

Fat: **11g**



INGREDIENTS

- 1 tbsp** Olive Oil
- 1** Red Onion, finely chopped
- 1** Green Bell Pepper, chopped
- 680g** Turkey Mince
- 2** Garlic Cloves, minced
- 2 tbsp** Tomato Puree
- 400g** Can Chopped Tomatoes
- 400g** Can Black Beans or Butter Beans
- 400g** Can Kidney Beans
- 400ml** Chicken Stock*
- 2 tsp** Chilli Powder
- 1 tsp** Ground Cumin
- 1 tsp** Dried Oregano
- Salt & Pepper to season
- *use gluten free if required*

COOKING TIME: 4-5 hours

METHOD:

1. Heat oil in a large frying pan over medium to high heat. Add onion & pepper and cook until tender for about 4 minutes.
2. Add turkey mince and cook, stirring occasionally, until the turkey is golden and cooked through. Season with salt & pepper then stir in garlic & tomato paste, cook until fragrant for about 2 minutes. Transfer mixture to a slow cooker.
3. To the slow cooker, add the tomatoes, black beans, kidney beans, chicken stock, chilli powder, cumin & oregano. Cook on HIGH for 4 hours, until the chilli has thickened. Season with salt & pepper to taste.