

# Crock Pot 3 Bean Turkey Chili

Another great chili recipe, this one uses turkey and a whole lotta beans.

I loved this easy recipe topped with a little low fat cheddar, chopped red onion and cilantro. My brother gave me his recipe and insisted I use it for my blog. I am always looking for new, great tasting recipes, so I made this and he was right, it was a winner and even better the next day. Prepare this the night before and turn it on in the morning. Have a great meal when you get home. This can easily be made vegan by eliminating the turkey.

And since so many are asking, I have the [6 Quart Hamilton Beach Set 'n Forget Programmable Slow Cooker](#). I love it because you can adjust the time you want it to cook, and it automatically turns to warm when it's done. It also has a probe for meat that automatically shuts off when done. I hated my old crock pot, it burnt everything and my food had a weird taste. This crock pot is so great, I actually own two!

## Crock Pot 3 Bean Turkey Chili

Gina's Weight Watcher Recipes

Servings: 12 • Serving Size: 10.8 oz • Old Points: 3 pts • Points+: 5 pts

**Calories:** 206.3 • **Fat:** 1.4 g • **Protein:** 16.8 g • **Carb:** 31.8 g • **Fiber:** 9.0 g

### Ingredients:

- 1.3 lb (20 oz) fat free ground turkey breast
- 1 small onion, chopped
- 1 (28 oz) can diced tomatoes
- 1 (16 oz) can tomato sauce
- 1 (4.5 oz) can chopped chilies, drained
- 1 (15 oz) can chickpeas, undrained
- 1 (15.5 oz) can black beans, undrained
- 1 (15.5 oz) can small red beans, undrained
- 2 tbsp chili powder

### For the Topping:

- 1/2 cup chopped red onion
- 1/2 cup chopped fresh cilantro for topping
- shredded cheddar to top (extra pts)

### Directions:

Brown turkey and onion in a medium skillet over medium high heat until cooked through.

Drain any fat remaining and transfer to [crock pot](#). Add the beans, chilies, chickpeas tomatoes, tomato sauce and chili powder mixing well.

Cook on high 6-8 hours.

Garnish with onions, cilantro and cheese and enjoy!