



SLOW COOKER SWEET POTATO TURKEY CHILI

SERVINGS: 6 | PREP TIME: 15 MINS | COOK TIME: 2.75 HOURS

- In a large pan over medium to medium-high heat, add 1 TBSP olive oil and sauté diced sweet potatoes for about 5 mins, until just softened. Season lightly with salt and pepper while sautéing. Add sweet potato mixture to slow cooker insert.
- Turn up heat to medium-high. In same pan, add 1 TBSP olive oil. Sauté the onions, jalapeño pepper, garlic and ground turkey, stirring and breaking up the meat. Cook until meat is cooked through (no longer pink) and onions are softened, about 4-5 mins. Season lightly with salt and pepper while sautéing. Drain off any grease.
- Add meat mixture and remaining ingredients to the slow cooker insert, stirring until well combined.
- Taste and add hot sauce to increase heat at the end, if desired. Serve topped with your favorite chili toppings (diced avocado, sour cream or plain Greek yogurt, shredded cheddar, diced onions, salsa, thinly sliced green onion, etc.)
- **FREEZER MEAL INSTRUCTIONS:**

To freeze: Cook according to directions. Let fully cool. Freeze in air tight, freezable container or zip top bag.

To reheat: Thaw overnight in the refrigerator and warm gently on the stove top, in slow cooker on LOW, or in the microwave until warmed through.

- 2 TBSP olive oil, divided
- 3 cups peeled and diced sweet potatoes
- 1 large onion, finely diced
- 2 garlic cloves, minced
- 1 tsp jalapeño pepper, minced
- 1 lb lean ground turkey
- 1 TBSP chili powder
- 1/2 TBSP ground cumin
- 1/4 tsp dried oregano
- 1/4 tsp paprika
- 1/4 tsp black pepper
- 1 tsp salt
- 1 TBSP tomato paste
- 1 (15 oz) can petite diced tomatoes, liquid and all
- 2 cups vegetable or chicken broth
- 1 can (15 oz) cooked black beans, drained and rinsed
- Optional toppings: diced avocado, sour cream or plain Greek yogurt, shredded cheddar, diced onions, salsa, thinly sliced green onion, etc.