

Turkey Chili with Butternut Squash

TIME: 4HRS 25 MINS SERVINGS: 6

INGREDIENTS

- 1 lb lean ground turkey
- 1 can crushed tomatoes
- 1 can kidney beans, drain and rinsed
- 1 large onion, diced
- 4 cups cubed butternut squash
- 1 cup water
- 1/4 cup tomato paste
- 3 tbsp chili powder
- 1 tbsp ground cumin
- 1/2 tsp cinnamon
- 3/4 tsp salt
- 1/4 tsp cayenne
- 1 cup shredded cheese (optional)
- 1/2 cup sliced scallions (optional)



Adapted from: [eatingwell.com]



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PROCEDURE

1. Coat a large nonstick skillet with cooking spray; heat over medium-high. Add turkey and cook, breaking it up into chunks until no longer pink. Transfer to a 5-6 quart slow cooker.
2. Add the rest of the ingredients, except for cheese and scallions, to slow cooker. Stir to combine. Cover and cook on high for 4 hours or low for 8 hours
3. Remove lid and stir to combine. Serve hot, top with cheddar cheese and scallions, if desired.



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