

Slow Cooker Turkey and Black Bean Chili

Eat plain or serve with shredded cheddar cheese and tortilla chips.

INGREDIENTS

- 1 pound ground turkey
- 2, 14.5oz cans tomato sauce
- 2, 15oz cans black beans, drained and rinsed
- 1, 14.5oz can petite diced tomatoes, undrained
- 1 2/3 cup frozen corn
- 2 large cloves of garlic, minced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoon ground oregano
- 1/4 teaspoon crushed red pepper flakes

MATERIALS

- 1 gallon-sized plastic freezer bag

PREP

1. Label freezer bag.
2. To your freezer bag, add all ingredients. (Add the ground turkey to the bag last, so it's the first ingredient poured into your slow cooker.)
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

COOK

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 8 hours, or until turkey is cooked through.
3. Break apart turkey and serve.