

## Turkey Serrano and Jalapeno Chili



### Ingredients:

1 pound cooked, ground turkey  
3 cloves garlic, minced  
1/2 cup diced sweet yellow onion  
2 Serrano chilies, sliced  
1 jalapeno pepper, sliced  
1 can pureed tomatoes (28 ounces)  
1 can black beans (optional)+  
1 can garbanzo beans (optional); or  
3 cups black soybeans (optional)  
2 Tbsps. chili powder  
1 Tbsp. vinegar  
1 tsp. coarse sea salt

### Directions:

In a 4-quart slow-cooker, combine turkey, garlic, onion, Serrano and jalapeno chilies, tomato puree, chili powder, and salt. Cook until flavors combine, 3-6 hours. Add beans in the last 30 minutes.

### Nutrition Facts

Makes 10 servings  
Amount per serving:

**Per serving (without beans):** 111 Cals.; 4 g Carbs.; 1 g Fiber; 3 g Net Carbs. ; 8 g Protein; 7 g Fat

**Per serving (with beans):** 188 Cals.; 19 g Carbs.; 5 g Fiber; 14 g Net Carbs. ; 8 g Protein; 7 g Fat

**Per serving (with black soybeans):** 183 Cals.; 9 g Carbs.; 5 g Fiber; 4 g Net Carbs. ; 14 g Protein; 10 g Fat