

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Crockpot Beet Chili

INGREDIENTS:

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| 1 TBS olive oil | |
| 1 cup diced onions | |
| 2 garlic cloves, minced | |
| 1 pound ground turkey | |
| 1 cup yellow bell pepper, seeded and chopped | |
| 1/2 cup diced celery | 2 TBS ground cumin |
| 1 cup turnip, diced | 2 TBS paprika |
| 1 cup carrots, diced | 1 TBS ground coriander |
| 3 cups beets, diced | 1 TBS Chili powder |
| 1 can (15 oz.) diced tomatoes, un-drained | Salt and ground black pepper to taste |
| 1 cup tomato sauce (homemade or store bought) | 1 can (15 oz) red kidney or pinto beans, drained and rinsed |
| 1/2 cup chicken broth | Chopped green onions and sour cream for serving |
| 2 tsp crushed red pepper | |



DIRECTIONS:

- ♥ Heat olive oil in a large skillet over medium-high heat.
- ♥ Add onion and sauté for 3 minutes, then add garlic and sauté for 30 seconds more.
- ♥ Add ground turkey to cook, breaking up the turkey with a wooden spoon, until the turkey is cooked through, about 5 minutes. Pour browned ground turkey into slow cooker.
- ♥ Add celery, turnip, carrots, beets, diced tomatoes, tomato sauce, 1/2 cup chicken broth, red pepper flakes, cumin, paprika, coriander, salt and pepper to taste.
- ♥ Stir mixture, cover with lid and cook on low heat for 5 – 6 hours.
- ♥ Add beans and allow to heat for about 10 minutes.

Top with green onions and a dollop of sour cream.

NOTE: to make vegetarian/vegan omit the turkey and add 2 cups both turnips and carrots and an additional can of beans. Omit sour cream for vegans.

Compliments of Eat Your Heart Out Edibles

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