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Nutritional Counseling

Turkey Chili ©

Ingredients:

- * 1 can of each:
Organic kidney, pinto, black, white, adzuka, and garbanzo beans
- * 1 cup of lentils
- * ¼ cup of chopped cilantro or parsley
- * 1 ½ lbs. of organic ground turkey
- * 2 tbsp. of chili powder
- * 1 cup of diced celery
- * 3 cups of vegetable broth

Preparation:

1. Place all ingredients in the crock pot
2. Cook in Medium heat, roughly 4 - 8 hours

Optional, you can also add:

- * 1 cup of Organic Roasted Red Pepper Soup

Serve with,

- * Diced Avocadoes
- * Feta Cheese
- * 2 Wasa Crackers