



Spicy Buffalo Turkey Chili

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Ingredients:

- Cooking spray
- 2 lbs 99% fat free extra lean ground turkey
- 2 large poblano peppers, chopped
- 1 medium yellow onions
- 3/4 C chopped celery
- 1/2 tsp ground chipotle pepper powder
- 1 TBSN smoked paprika
- 1 TBSN garlic powder
- Salt and pepper to taste
- 1/2 C red hot sauce
- 3 C red enchilada sauce
- 6 C low sodium chicken bone broth
- 1/2 C fat free plain Greek yogurt
- 1/2 C fresh chopped cilantro

Optional:

Serve with squeeze of fresh lime, chopped green onion, grated cheddar cheese, avocado, extra chopped cilantro, and gluten

Directions:

In a large slow cooker with lid, add the onion, poblano pepper, celery, ground turkey, chipotle pepper powder, garlic powder, smoked paprika, salt, pepper, and cilantro and let brown, stirring occasionally.

Add the hot sauce, enchilada sauce, bone broth. Let simmer on low flame for 1-3 hours, stirring occasionally to prevent bottom from burning. The slower this cooks, the better it tastes! Remove from heat, add yogurt and stir through. Top with optional ingredients.

Calories for a 16oz bowl not including toppings:: 332
46g protein/4grams fat/ 28 grams carbs/7grams fiber/320 mg sodium

