

Slow Cooker 3-Bean Turkey Chili

4.88 from 74 votes

This easy turkey chili recipe uses lean ground turkey and a whole lotta beans! Make this in the slow cooker or Instant Pot, then pile on your favorite chili toppings and enjoy!

PREP TIME:
10 mins

COOK TIME:
25 mins

TOTAL TIME:
35 mins

YIELD: 10 Servings COURSE: Dinner CUISINE: Mexican

Ingredients

- 1.3 lb 20 oz 99% lean ground turkey breast
- 1 small onion (chopped)
- 1 28 oz can diced tomatoes, drained
- 1 16 oz can tomato sauce
- 1 4.5 oz can chopped chilies
- 1 15 oz can chickpeas, drained
- 1 15.5 oz can black beans, drained
- 1 15.5 oz can small red beans, drained
- 2 tbsp chili powder
- 1 tsp cumin

For the Topping:

- 1/2 cup chopped red onion
- 1/2 cup chopped fresh cilantro for topping
- optional toppings (shredded cheddar, avocado, sour cream, etc)

Instructions

Slow Cooker Directions:

1. Brown turkey and onion in a medium skillet over medium-high heat until cooked through. Transfer to the slow cooker with the beans, chilies, chickpeas, tomatoes, tomato sauce, chili powder and cumin, mixing well.
2. Cook on high 6 to 8 hours or low 10 to 12.
3. Garnish with onions, cilantro and your favorite toppings.

Instant Pot Directions:

1. Press saute, spray with oil and brown the turkey and onion, breaking the meat up with a spoon until cooked through. Add the beans, chilies, chickpeas, tomatoes, tomato sauce, chili powder and cumin, mixing well.
2. Cook on high pressure 25 minutes. Natural release.
3. Garnish with onions, cilantro and your favorite toppings.

Nutrition

Serving: 1 cup, Calories: 231kcal, Carbohydrates: 27.5g, Protein: 19.5g, Fat: 5g, Saturated Fat: 1.5g, Cholesterol: 42mg, Sodium: 526mg, Fiber: 8g, Sugar: 6.5g - WW Points: 0

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