

Heart Healthy Turkey Chili

- 2 lbs. ground turkey – lean
- 2 15 oz. cans of tomato sauce
- 2 15 oz. cans of light kidney beans
- 2 6 oz. cans of tomato paste
- 2 pkg. of mild chili seasoning mix
- 3 small cans of mushrooms – stems and pieces (do not drain)
- 1 cup of red wine

Brown the meat and drain off excess fat on paper towels.

Place all the ingredients, plus the cooked meat, into a crock pot, using a crock pot liner for easy clean-up. Rinse out the cans of tomato paste and tomato sauce with water, add to crock pot.

Cook for 3 hours on high or 4 hours on low.

Serve piping hot with Fritos, oyster crackers, sour cream, shredded cheese and/or chopped raw onions.

