



## Daryl's Famous Recipes Corner - Lean Crock pot Chili!

1 pound pure ground turkey (from the frozen foods section or fresh)  
1 large onion chopped (about 1 cup)  
2 cloves garlic (or the equivalent in garlic powder or 1/2 teaspoon ground garlic paste)  
1 1/2 tablespoons chili powder  
1 teaspoon salt  
1 1/2 teaspoons ground cumin  
2 teaspoons dried oregano leaves  
2 teaspoons General Foods International Coffees "Swisse Mocha, sugar free - fat free - naturally decaffeinated" available in a 4.4 oz can  
(Note-if your really adventurous, shave a small square of unsweetened baking chocolate)  
1/2 teaspoon red pepper sauce - OPTIONAL  
2 cans (28 ounces) DICED tomatoes, undrained  
1 can (15 1/2 ounces) red kidney beans, undrained  
1 additional can (15 1/2 ounces) red kidney, black or Garbanzo beans  
1 can (6 ounces) tomato paste

### In The Skillet

Combine the thawed ground turkey, chopped onions, garlic, chili powder, salt and cumin. Cook stirring until the turkey is browned and done.

### In The Crock Pot

Combine the oregano, "Swiss Mocha", whole tomatoes - undrained and the kidney beans - undrained. Cut up or break up the whole tomatoes. Add the cooked ingredients from the skillet. Simmer on low for four hours. Taste test AND IT WILL BE HOT so watch out. Now if you want you can add the optional red pepper sauce if you like fire!

You can serve as is or top the chili with shredded Cheddar cheese (or you favorite) and chopped onions (even a dollop of dairy sour cream). For THE BIG MEAL, serve this all over spaghetti with a dollop of dairy sour cream!