

# Wellness with Ria

## Healthy Weeknight Dinner

# EASY TURKEY CHILI

1 LB LEAN GROUND TURKEY  
1 CAN BLACK BEANS, RINSED  
1 CAN CORN, RINSED  
2 CANS DICED TOMATOES WITH GREEN CHILES  
3-4 STALKS CELERY, DICED  
1 GREEN BELL PEPPER, DICED  
1 RED ONION, DICED  
1 PACKET TACO SEASONING  
2-3 CLOVES OF GARLIC, MINCED

PUT ALL INGREDIENTS IN A SLOW COOKER, 1 CAN WATER AND  
LET THE FLAVORS MARINATE ON LOW HEAT FOR 4-6 HOURS

TOPPINGS: NONFAT PLAIN GREEK YOGURT, CILANTRO, CHOPPED  
GREEN ONIONS, CHEDDAR CHEESE, TORTILLA CHIPS

Makes 6 servings

Calories per serving: 300 Protein: 25g Fat: 8g Carbohydrate: 30g Fiber: 9g

[www.WellnesswithRia.weebly.com](http://www.WellnesswithRia.weebly.com)

