

Slow-Cooker Turkey Chili

- 1 Tbsp olive oil
 - 1 C chopped onion
 - 2 garlic cloves, minced
 - 1.5 lbs ground turkey
 - 1 can (15 oz) black beans, drained & rinsed
 - 1 can (14.5 oz) low-sodium diced tomatoes with chilis
 - 1 can (15 oz) pizza sauce
 - 1 can (10.75 oz) reduced-sodium tomato soup
 - 2 Tbsp chili powder
 - 1 Tbsp reduced-sodium Worcestershire sauce
 - 1/4 tsp ground pepper
- Prep, 10 minutes**
Read in 4 hours



Yields 8 Servings

1. Before you begin, wash your hands.
2. Heat oil in a large pan over medium-high heat.
3. Add onion and garlic. Cook about 2 minutes, or until golden brown.
4. Add turkey, cook until broken up and browned, about 5 minutes. Transfer turkey mixture to a slow cooker.
5. Stir in remaining ingredients in slow cooker. Cook on low for 8 hours or high heat for 4 hours.

Nutrition Facts Per Serving: Calories 297; Protein 7g; Carbohydrates 26g; Fat 11g; Saturated Fat 2.5g; Sodium 213mg

Source: <https://www.eatright.org/recipes/soups-and-stews/slow-cooker-turkey-chili-recipe>

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Pear

Pears come in a variety of shapes, sizes and colors. Skin colors include green, golden yellow and red. The peel is good to eat and has many nutrients. Do not eat the seeds.

Pears are fruit which grow on trees.

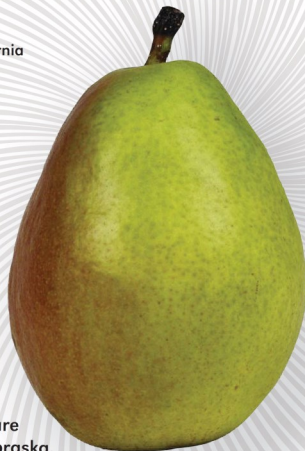
One of the world's oldest fruits, pears were known to both the Greeks and the Romans. Early colonists brought pears to the United States in the 1700's.

Pears are a relative of the apple. Washington, Oregon and California produce 97 percent of the pears in the United States.

NUTRITION FACTS

- Cholesterol free
- Sodium free
- High in fiber
- High in potassium
- Good source of vitamin C
- Good source of fiber

USES Pears can be eaten raw or cooked. They are great to eat as a quick snack. Chop and add to fruit salads. They can also be baked, broiled or grilled. Use pears where you would use apples.



Many pears are grown in Nebraska.

VARIETIES

There are several varieties of pears including, Anjou, Bartlett, Bosc, Comice, Forely and Seckel. Among these varieties there are only small differences in flavor and texture. Pears are available most of the year.

Choose pears with no bruises or dark brown spots. Wash under clean, running water before eating.



Public Health
Prevent. Promote. Protect.

Four Corners
Health Department



(877) 337-3573
or (402) 362-2621
fourcorners.ne.gov
Source: UNL Extension
Nutrition Education Program

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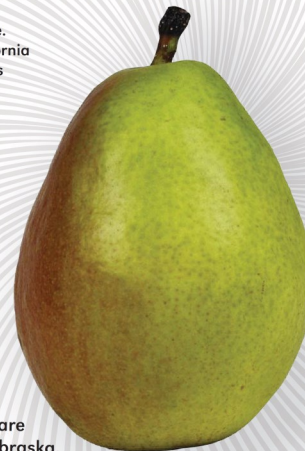
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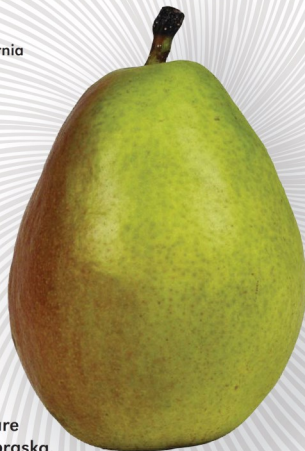
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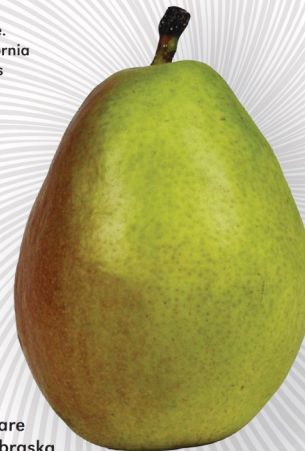
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