

Slow Cooker Turkey and Vegetable Chili

Makes 8 1½-cup servings

- 1½ pounds ground turkey**
- 1½ cups chopped onion (1 medium onion)**
- 1½ cups diced red bell pepper (1 medium pepper)**
- ¾ cup peeled, diced carrot (1 medium carrot) (or pre-shredded or packaged carrots)**
- 4 cloves garlic, finely chopped**
- 1 28-oz can crushed tomatoes**
- 1 4.5-oz can chopped green chilies**
- 5 cups cooked pinto beans or 3 15-ounce cans pinto beans, rinsed and drained**
- 3 tbsp. chili powder**
- 2 tsp. ground cumin**
- 2 tsp. dried oregano**
- Fresh cilantro for garnish (optional)**

Brown turkey in a nonstick skillet over medium-high heat. Drain or remove turkey from pan with slotted spoon.

Add turkey to slow cooker along with all ingredients except cilantro. Cook on low setting for 8 hours. Add ½ cup of water to prevent drying out if you'll be away for longer than 8 hours.

Top with Avocado Cream (recipe provided on next page) and garnish with cilantro, if desired. Serve leftover chili over whole-grain pasta for dinner the next night. Chili can also be frozen for a future dinner.

Nutritional Information	per serving
Calories	321
Total Fat	2.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	0.5 g
Cholesterol	53 mg
Sodium	294 mg
Carbohydrates	44 g
Fiber	15 g
Sugars	7 g
Protein	34 g
Dietary Exchanges: 2 starch, 2 vegetable, 3 lean meat	

The enclosed information, recipes and instructions are provided to you to help you learn to cook healthy at home. Please follow safe, responsible practices and use caution when cooking. By using the information provided in this Kit, you acknowledge that there are inherent risks in cooking, including but not limited to the risk of allergic reaction to foods and personal injury. YOU UNDERSTAND AND AGREE THAT YOUR USE OF THE ENCLOSED INFORMATION, RECIPES AND INSTRUCTIONS IS AT YOUR SOLE RISK. Further, you agree on behalf of yourself and your heirs, beneficiaries and estate, not to hold the American Heart Association, Inc. and its sponsors, officers, agents, employees ("Released Parties") responsible for any accidents and loss or damage to your property & person, and you release and discharge the Released Parties from all damages, actions, claims and liabilities of any nature, specifically including, but not limited to, damages, actions, claims and liabilities arising from or related cooking at home.

A Healthy Start to Home Cooking

Avocado Cream

Makes $\frac{3}{4}$ cup or 12 1-tablespoon servings

Leftover avocado cream will keep in the refrigerator for a day or two without turning brown. Try some as a sandwich spread!

- $\frac{1}{2}$ medium avocado**
- $\frac{1}{2}$ cup fat-free Greek yogurt**

Mash avocado in a medium bowl. Add yogurt and whisk until smooth.

Nutritional Information	per serving
Calories	18
Total Fat	1.0 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	1.0 g
Cholesterol	0 mg
Sodium	4 mg
Carbohydrates	1 g
Fiber	1 g
Sugars	0 g
Protein	1 g
Dietary Exchanges: Free	

Slow Cooker Oats and Apple

Makes 4 servings; about 1 cup per serving

Breakfast is ready! This recipe calls for a smaller (2-quart) slow cooker. If made in a large slowcooker it will burn. Slow cookers can vary in their heat levels, so you may need to adjust the cooking time to suit your model. Be sure to use steel-cut oats, not rolled oats. Steel-cut oats are cut into little pieces, not rolled flat.

- 1 large crisp apple, such as Granny Smith, seeded and chopped**
- 1 cup steel-cut oats**
- 4 $\frac{1}{4}$ cups water**

Place all ingredients in a 2-quart slow cooker and cook on low setting for 6 to 8 hours. Serve sprinkled with cinnamon and chopped walnuts, if desired.

Nutritional Information	per serving
Calories	169
Total Fat	2.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	1.0 g
Cholesterol	0 mg
Sodium	8 mg
Carbohydrates	35 g
Fiber	5 g
Sugars	6 g
Protein	6 g
Dietary Exchanges: 2 starch, $\frac{1}{2}$ fruit	

**A Healthy Start to
Home Cooking**