

Simple Italian Chili

As the weather turns colder, nothing is better to coming home to a warm and yummy meal. This recipe evens allows you to use your slow cooker to make for a quick meal when you walk in the door!

Ingredients:

- 1 lb Italian turkey sausage (casing removed if using links)
- 1 onion, chopped
- 14.5 oz can diced tomatoes
- 1 each green and yellow bell pepper, diced
- 6 oz can tomato paste
- 15 oz can cannellini beans *drained and rinsed
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- 2% mozzarella cheese, shredded *for topping



Directions:

1. Heat a skillet to medium high and spray with olive oil. Add onions and turkey sausage; drain if needed.
2. Add to either slow cooker or large dutch oven. Add diced tomatoes, bell peppers and tomato paste. Mix well. Stir in beans and herbs. If using slow cooker, cook on high for 3-4 hours or low for 6-7 hours. If using dutch oven, put burner to low and cook for 20-30 minutes.
3. Top with shredded cheese.

<http://www.foodcoach.me/2014/01/29/simple-italian-chili/>