

Slow Cooker Turkey Chili Soup – Comfort du Jour

This is one of my favorite easy comfort foods, and it is quick to make with simple ingredients I almost always have on hand. It is not quite chili and not quite soup, but packs loads of flavor and is perfect on a fall or winter day, especially with a batch of skillet corn bread.

I used the “browning” setting on our slow cooker to start this recipe, and then switched it to slow cook for simmering. The recipe is easily adaptable to a soup pot or Dutch oven.

INGREDIENTS

1 lb. ground turkey
3 Tbsp. extra virgin olive oil
1 small sweet onion, chopped
3-4 cloves garlic, chopped
1 tsp. ground cumin
1/2 tsp. sweet Spanish paprika
1/2 tsp. ancho chile powder
Salt and pepper
3 Tbsp. all-purpose flour
4 cups chicken broth (this is equal to 1 large carton)
7 oz. can roasted green chiles, chopped
1 small can Herdez salsa (or just shy of 1 cup any salsa)
1 1/2 cups frozen roasted corn
1 can black beans, drained and rinsed

INSTRUCTIONS

1. Add olive oil to the slow cooker (or pot), on a medium heat setting. Sauté the onions until they are soft and translucent, and then push them to the outside of the pot.
2. Add the ground turkey, about half at a time, breaking it up into bits with your fingers as you go. When you brown ground meat, it's a good idea to cook a small amount at a time to maintain a steady heat. Otherwise, the meat will just steam. When all the turkey is browned, add the chopped garlic and the spices, plus salt and pepper, and cook about one minute until the garlic is fragrant.
3. Sprinkle the flour over the ground meat mixture and stir it around to evenly coat all the meat. It should seem a little dry on the surface of the meat; add a touch more flour if needed to get this appearance. Cook the mixture two minutes, add the green chiles and cook two more minutes.
4. Add the chicken broth to the pot all at once. Stir gently to mix the broth with the roux-covered meat mixture and cook until it reaches a slight boil, then reduce the heat and simmer about one hour. At this point, I switched to “high slow cook” setting.
5. Add the roasted corn, black beans and salsa and stir to combine. Adjust seasonings to taste. Simmer on low setting for two hours or more, until you're ready to serve.