

Award Winning Healthy Turkey Instant Pot Chili

Yield: 8 min
Total Time: 33 min

Recipe from: <https://www.recipeschoose.com/recipes/wawa-turkey-bacon-swiss-panini-copycat-recipe>

Ingredients:

- 1 1/2 pounds ground turkey
- 8 strips turkey bacon chopped
- 15 ounces pinto beans drained
- 15 ounces black beans drained
- 15 ounces fire roasted diced tomatoes drained
- 1 can tomato paste 6 ounce
- 1 red onion Small, chopped
- 1/2 red bell pepper seeded and chopped
- 1/2 orange bell pepper seeded and chopped
- 1 jalapeño seeded and minced *optional
- 2 cups chicken stock
- 1 tablespoon dried oregano
- 1 teaspoon ground cumin
- 2 teaspoons kosher salt
- 1 teaspoon ground black pepper
- 1 teaspoon smoked paprika
- 2 tablespoons chili powder
- 1 tablespoon worcestershire sauce
- 1 tablespoon minced garlic
- sour cream
- cilantro
- cheese shredded

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 85 milligrams

4. Fat: 12 grams
5. Fiber: 6 grams
6. Protein: 25 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1360 milligrams
9. Sugar: 5 grams

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