

Crock Pot Turkey Curry Chili

from ICanTeachMyChild.com

1 lb. ground turkey
1 cup grated/shredded carrots
1 can diced tomatoes (do not drain)
1 can tomato soup
1/4 cup coconut milk
1 tablespoon minced garlic
1 tablespoon dried minced onion
2 1/2- 3 tablespoons curry powder
Shredded coconut for a garnish.

*You can add garbanzo beans and/or chickpeas as well

Directions: Brown ground turkey until cooked through. Grate carrots, if it hasn't been done already. Add all ingredients into the crockpot and cook on low for 6-8 hours or on high for 2-3 hours. Serve over coconut rice and/or with naan bread.

For freezer cooking: Brown ground turkey until cooked through. Add remaining ingredients and mix in a gallon size freezer bag. Freeze. When ready to cook, thaw in the refrigerator overnight and then toss in the crockpot in the morning!