



## LOW-CARB CROCKPOT CHICKEN CHILI

### INGREDIENTS:

- 2 lbs 93-97% lean ground chicken or turkey (can also use ground bison or grass-fed beef)
- 2 cups chopped zucchini
- 1 cup chopped onion
- 1 cup green bell pepper, chopped
- 2 28oz cans organic diced tomatoes
- 3 cups or more chopped kale
- 2 serrano peppers, seeds removed and chopped
- 1 cup organic chicken broth
- 2 tsp cumin
- 3 tbs chili powder
- 4 cloves of garlic
- 2 tbs Italian seasoning
- ½ tsp cayenne pepper
- Sea salt & pepper to taste

### STEPS:

Brown the chicken or turkey in a pan until done. Add to crockpot, along with the rest of the other ingredients. Stir well. Cook on high for 4 to 5 hours, or until veggies are soft. Add kale in the last hour of cooking.

Enjoy!