

Tracie's Sweet & Spicy Diet Coke Chili

POINTS® Value: 3

Servings: 8

Ingredients

- 1 pound lean ground turkey
- 1 medium onion(s)
- 1 bell pepper(s), chopped - any color (I used red)
- 1 cup Coca-Cola Diet Coke
- 1 1/2 Tbsp all-purpose flour
- 2 Tbsp apple cider vinegar
- 2 Tbsp Heinz Worcestershire Sauce
- 2 tsp dry mustard
- 1 1/2 tsp McCormick Ground cumin
- 1 1/2 Tbsp chili powder
- 1 serving Brooks Chili Mild Beans - 15.5 oz can
- 15 oz canned tomato sauce
- 1 serving Hunt's Fire Roasted Diced Tomatoes with Garlic - 14.5 oz can
- 2 tsp hot pepper sauce, to taste

Instructions

Spray skillet with non-stick spray. Sauté onions and bell pepper. Add turkey. Brown and drain if needed. Add flour and cook for 1 - 2 minutes. Add Diet Coke, vinegar, Worcestershire Sauce, mustard, cumin, hot sauce and chili powder. Cook over medium high until it reduces slightly. Add mixture to crock pot. Add beans, tomato sauce and diced tomatoes to crock pot. Cook on low for 6-8 hours or on high for 3-4 hours. Makes 8 - 1 cup servings. (I measured)

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