



SLOW-COOKER & ONE-POT WEEK

12. Slow-Cooker Chicken & Vegetable Chili

Serves: 6–8

Ingredients

- 2½ lb boneless chicken
- 1 onion, diced
- 2 bell peppers, diced
- 1 can black beans
- 1 can kidney beans
- 2 cans diced tomatoes
- 1½ cups corn
- 2 cups chicken broth
- 2 tbsp chili powder
- 2 tsp cumin
- 1 tsp smoked paprika
- 1 tsp garlic powder
- Salt and pepper

Directions

1. Add everything to slow cooker.
2. Stir.
3. Cook on LOW 6–7 hours or HIGH 3–4 hours.
4. Remove chicken.
5. Shred chicken.
6. Return to chili.
7. Stir and adjust seasoning.

1PL8 Leftover Move

This is your anchor recipe for the week.

Use it for:

Chili → stuffed sweet potatoes → tacos



13. Chicken Chili Stuffed Sweet Potatoes

Serves: 5

Ingredients

- 5 baked sweet potatoes
- 4 cups chicken chili
- ½ cup shredded cheese
- ½ cup Greek yogurt
- Green onions or cilantro

Directions

1. Bake sweet potatoes at 425°F for 45–60 minutes.
 2. Split open.
 3. Add hot chili.
 4. Top with cheese.
 5. Add Greek yogurt and herbs.
-

14. Chicken Chili Tacos

Serves: 5

Ingredients

- 3 cups chicken chili
- 10 whole-grain tortillas
- 2 cups shredded cabbage
- 2 tomatoes
- 1 avocado
- ½ cup Greek yogurt
- 1 lime

Directions

1. Heat chili.
2. Warm tortillas.
3. Add chili.



4. Top with cabbage, tomatoes and avocado.
5. Finish with lime and Greek yogurt.

15. One-Pot Turkey & Vegetable Pasta

Serves: 6

Ingredients

- 1½ lb lean ground turkey
- 1 onion
- 2 bell peppers
- 3 garlic cloves
- 1 can diced tomatoes
- 4 cups chicken broth
- 12 oz whole-grain pasta
- 2 cups spinach
- 1 tsp Italian seasoning
- ½ cup Parmesan

Directions

1. Brown turkey in a large pot.
2. Add onion and peppers.
3. Add garlic.
4. Add tomatoes and broth.
5. Bring to a boil.
6. Add pasta.
7. Reduce heat and simmer until pasta is tender.
8. Stir in spinach.
9. Finish with Parmesan.

16. Turkey Pasta Bowls

Serves: 5

Ingredients

- 4 cups leftover turkey pasta
- 3 cups salad greens
- ½ cup Parmesan



- 1 cup roasted vegetables
- Simple lemon dressing

Directions

1. Warm turkey pasta.
 2. Place greens into bowls.
 3. Add pasta.
 4. Add roasted vegetables.
 5. Finish with Parmesan and dressing.
-