Slow Cooker Spicy Turkey & Tomato Stew   
  
Ingredients:  
  
1 pound extra-lean ground turkey (6%-9% fat)  
1 cup chopped sweet onion  
1 1/2 cups finely chopped celery  
1/2 teaspoon red pepper flakes (optional)  
1 teaspoon ground cumin  
2 (10.75 ounce) cans condensed tomato soup  
2 cups low-sodium chicken broth  
28-ounce can crushed tomatoes in rich puree  
2 tablespoons ground chili powder (add more to taste, if desired)  
1/2 to 1 teaspoon ground black pepper (add more as desired)  
2 15-ounce cans kidney beans, drained and rinsed (or substitute pinto beans)  
  
  
Preparation:  
  
Add turkey, onions and celery to large nonstick saucepan and cook over medium-high heat. Cook and stir until turkey and onions are nicely browned, using a potato masher at times to bread the meat down into small particles.  
Spoon the browned turkey mixture into a slow cooker set on HIGH. Stir in the remaining ingredients (red pepper flakes, cumin, condensed tomato soup, chicken broth, crushed tomatoes, chili powder, black pepper and kidney beans).  
Cook 1-2 hours or until stew is nice and hot. Once hot, you may reduce the slow cooker to LOW and keep the stew warm until ready to serve.  
  
8 servings @ 4 points, 5 points plus  
  
Nutritional Information:  
  
Per serving (if 8 servings): 237 calories, 17 g protein, 31 g carbohydrate, 6 g fat, 1.8 g saturated fat, 35 mg cholesterol, 9 g fiber, 555 mg sodium.