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.