



Turkey-Rific Taco Bean Dip



1/12th of recipe (about 1/2 cup): 131 calories, 2.5g total fat (1g sat fat), 453mg sodium, 16g carbs, 4g fiber, 2.5g sugars, 11g protein

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 1*

Purple Plan [SmartPoints](#)® value 1*

Prep: 10 minutes **Cook:** 3 - 4 hours on low or 7 - 8 hours on high, plus 10 minutes



More: [Recipes for Sides, Starters & Snacks, 30 Minutes or Less, Four or More Servings](#)

Ingredients

10 oz. raw lean ground turkey
1 1/2 tsp. taco seasoning mix
2 cups diced plum tomatoes (about 4 tomatoes)
1 cup diced onion (about 1/2 large onion)
Two 16-oz. cans fat-free refried beans
Two 4-oz. cans diced green chiles
1/2 cup shredded reduced-fat Mexican-blend cheese
Serving suggestions: baked tortilla chips, sliced bell peppers

Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add turkey and sprinkle with taco seasoning. Cook and finely crumble until turkey is fully cooked, about 6 minutes. Drain any excess liquid and transfer turkey to the slow cooker.

Evenly top turkey with tomatoes, onion, beans, and chiles.

Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours.

Turn off slow cooker and remove lid. Add cheese and stir well.

Serve with your guilt-free dippers of choice and enjoy!

MAKES 12 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.