



WHITE BEAN TURKEY CHILI

A delicious, creamy White Bean Turkey Chili recipe made with canned white beans, ground turkey, aromatics and spices – no tomatoes!

 10 minutes 1 hour and 10 minutes 12 portions

INGREDIENTS

- olive oil spray
- 2 small onions, chopped
- 5 garlic cloves, chopped
- 3 pounds 93% lean ground turkey
- 1 4.5 ounce can diced green chilies
- 1/2 teaspoon kosher salt
- 1/2 tablespoon cumin
- 1/2 tablespoon oregano
- 2 teaspoons chili powder, to your taste
- 1/2 to 2 teaspoons crushed red pepper flakes, to your taste
- 1 bay leaf
- 4 15.5 ounce cans of cannellini or navy beans, rinsed and drained
- 2 cups chicken broth
- 1/2 cup reduced-fat sour cream or Greek yogurt

COOKING METHOD

- 1° Heat a large heavy pot or Dutch oven over medium flame. When hot, spray with oil.
- 2° Add onions and garlic, saute until soft, about 4 to 5 minutes.
- 3° Add the meat and cook, breaking it up until white and cooked through, about 5 minutes.
- 4° Add diced green chilies, salt, cumin, oregano, chili powder, red pepper flakes and cook for 2 minutes.
- 5° Pure 1 can of beans in the blender with 1 cup of the broth. Add to the pot with the remaining beans, broth and bay leaf and bring to a boil.
- 6° Cover and reduce to a simmer, about 30 to 35 minutes mixing occasionally, until thickened and the flavors meld.
- 7° Stir in sour cream and cook 4 to 5 minutes. Adjust seasoning and salt to taste.
- 8° To serve, topped with your favorite toppings.
- 9° Slow Cooker directions: To make in the slow cooker, follow steps 1 to 5, reducing the broth to 1 1/2 cups and transfer to the slow cooker for 8 hours on low.
- 10° Slow Cooker directions: To make in the slow cooker, follow steps 1 to 5, reducing the broth to 1 1/2 cups and transfer to the slow cooker for 8 hours on low.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (334 g)	% DRI
ENERGY	112 kcal	374 kcal	19 %
FAT	4 g	12 g	19 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	18 %
CHOLESTEROL	26 mg	87 mg	29 %
SODIUM	222 mg	742 mg	31 %
CARBOHYDRATE	10 g	34 g	11 %
SUGARS	0 g	1 g	—
FIBER	2 g	8 g	33 %
PROTEIN	10 g	34 g	—