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White Bean Chili

(Recipe adapted from Southern Living)

Ingredients:

2 pounds turkey tenderloins
2 Tablespoons olive oil
1 cup finely chopped onion
2 garlic cloves, minced
2 (15 oz.) cans Great Northern beans, rinsed & drained
1 (10 $\frac{3}{4}$ oz.) can condensed chicken broth
1 $\frac{1}{4}$ cups water
1 (4.5 oz.) can chopped green chiles
1 bay leaf
1 teaspoon ground cumin
1/8 teaspoon ground red pepper (cayenne)

Cut turkey into bite-sized pieces. Cook turkey in hot oil over medium-high heat 6-8 minutes or until browned.

Add onion and garlic and cook 5-6 minutes or until onion is tender.

Stir in beans and next 6 ingredients; bring to a boil. Reduce heat and simmer stirring occasionally, 30-45 minutes or until thickened. Remove bay leaf. Serve topped with a dollop of reduced-fat sour cream. ENJOY!

Servings: 8 cups.

Nutritional Facts (per 1 cup):

Calories: 262 Fat: 5 g Saturated Fat: 0.5 g Carbohydrates: 17 g
Fiber: 6 g Protein: 42 g