



White Chili with Ground Turkey

Makes 8 Servings

INGREDIENTS:

- 1 onion, chopped
- 3 cloves garlic, minced
- 1 ½ lbs ground turkey
- 2 (4 oz) cans canned green chile peppers, chopped
- 1 tablespoon ground cumin
- 1 tablespoon dried oregano
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground cayenne pepper
- 1 pinch freshly ground white pepper
- 3 (25 oz) cans cannelloni beans (2 drained and 1 with liquid)
- 5 cups chicken broth
- 2 cups shredded Monterey Jack cheese



INSTRUCTIONS:

Estimated Total Time: 30 minutes

In a large pot over medium heat, combine the onion, garlic and ground turkey and sauté for 10 minutes, or until turkey is well browned. Add the chile peppers, cumin, oregano, cinnamon and cayenne pepper. Add white pepper to taste and sauté for 5 more minutes.

Add the two cans of drained beans and the chicken broth to the pot. Take the third can of beans (with liquid) and puree them in a blender or food processor. Add this to the pot along with the cheese. Stir well and simmer for 10 minutes, allowing the cheese to melt.

NUTRITIONAL INFO: (1 serving)

Calories: 419
Carbohydrates: 26.7g
Fiber: 7.2 g
Fat: 19.2 g
 Saturated Fat 8.8 g
Cholesterol: 98 mg
Sodium: 1400 mg
Protein: 33.1g
Calcium: 44%
Iron: 49%
Vitamin C 35%

**** To lighten the recipe****

- use a reduced fat cheese or serve cheese on side
- use a reduced sodium chicken broth that is 99-100% fat free

**** Other Ideas****

Garnish with cheese, salsa, sour cream and cilantro leaves and rolled tortillas on the side