WHITE BEAN TURKEY CHILI

Ingredients:



- 1 tablespoon oil (avocado, macadamia, coconut, ghee, etc)
- 2 medium yellow onions, diced
- 1 1/2 T chili powder
- 1 T garlic, minced
- 1 1/2 tsp ground cumin
- 1 tsp dried oregano
- 3 (15.8-ounce) cans Great Northern beans, rinsed and drained
- 4 cups fat-free, less-sodium chicken broth (we used bone broth to bump up the protein)
- 3 cups chopped cooked turkey (can substitute a pound of ground lean turkey and/or add lean turkey sausage to kick up the flavor)
- 1 plum tomato, seeded and diced
- 1/3 cup fresh cilantro, chopped
- 2 T fresh lime juice
- 1/2 tsp salt
- 1/2 tsp freshly ground black pepper
- 8 lime wedges (optional)

Directions:

- Heat oil in a large Dutch oven over medium-high heat. Add onion; sauté 10 minutes or until tender and golden. Add chili powder, garlic, and cumin; sauté for 2 minutes. Add oregano and beans; cook for 30 seconds. Add broth; bring to a simmer. Cook 20 minutes.
- Place 2 cups of bean mixture in a blender or food processor, and process until smooth. Return pureed mixture to pan. Add turkey, and cook until done. Remove from heat. Add diced tomato, chopped cilantro, lime juice, salt, and pepper, stirring well. Garnish with lime wedges, if desired. Makes 8 servings.

NUTRITION PER SERVING:

Calories 286, Fat 6g, Sat fat 1g, Protein 32g, Carbs 24g, Fiber 6g, Chol 85mg, Iron 5mg, Sodium 435mg