

White Bean and Turkey Chili

Ingredients:

- 1 tablespoon oil
- 2 cups diced yellow onion
- 1 ½ tablespoons chili powder
- 1 tablespoon minced garlic
- 1 ½ teaspoons ground cumin
- 1 teaspoon dried oregano
- 3 (15.8-ounce) cans Great Northern beans, rinsed and drained
- 4 cups fat-free, less-sodium chicken broth
- 3 cups chopped cooked turkey
- ½ cup diced tomato
- 1/3 cup chopped fresh cilantro
- 2 tablespoons lime juice
- Salt & Pepper to taste



Directions:

1. Sauté onions in oil for 10 minutes or until tender and golden. Add chili powder, garlic, cumin and oregano.
2. Add beans and broth; bring to a simmer. Cook 20 minutes.
3. Add turkey, and cook 5 minutes or until thoroughly heated. Remove from heat.
4. Add diced tomato, chopped cilantro, lime juice, salt, and pepper, stirring well.

Nutrition Facts

Servings: 8

Amount per serving

Calories **239**

% Daily Value*

Total Fat 4.8g **6%**

Saturated Fat 1.2g **6%**

Cholesterol 40mg **13%**

Sodium 266mg **12%**

Total Carbohydrate 24.6g **9%**

Dietary Fiber 7.8g **28%**

Total Sugars 1.6g

Protein 24.6g