

White Turkey Chili



Makes: 6 servings



Total Time: 1 hr. 30 min.

Ingredients:

- ♥ 3 tablespoons extra-virgin olive oil or canola oil
- ♥ 1 pound 93% lean ground turkey
- ♥ 1 large onion, diced
- ♥ 4 garlic cloves, minced
- ♥ 2 medium zucchini, diced (about 3 ½ cups)
- ♥ ½ cup bulgur
- ♥ 2 tablespoons dried oregano
- ♥ 4 teaspoons ground cumin
- ♥ ½ teaspoons ground coriander
- ♥ ½ teaspoon salt
- ♥ 2 15-ounce cans no-salt-added white beans, rinsed
- ♥ 2 4-ounce cans green chilies, mild or hot
- ♥ 4 cups reduced-sodium chicken broth

PREPARATION

1. Heat oil in a Dutch oven over medium-high heat. Add ground turkey, onion and garlic. Cook, stirring and breaking up the meat with a wooden spoon, until the meat is no longer pink, 3 to 5 minutes.
2. Add zucchini and cook, stirring occasionally, until the zucchini is starting to soften, 5 to 7 minutes.
3. Add bulgur, oregano, cumin, coriander, white pepper and salt and cook, stirring, until aromatic, 30 seconds to 1 minute.
4. Stir in white beans and chilies, then pour in broth; bring to a boil.
5. Reduce heat to a simmer, partially cover the pot and cook, stirring occasionally, until the liquid is reduced and thickened and the bulgur is tender, about 50 minutes.

Nutrition: 350 calories; 14g fat (3g saturated fat); 38g carbohydrates; 28g protein; 10g fiber; 596mg sodium



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