

# Turkey and White Bean Chili

Serve the chili over baked tortilla chips. Garnish with low fat cheese and salsa or pico de gallo.

1 to 1 1/2 pounds	lean ground turkey breast meat
2 cans	Navy (Great Northern) beans, undrained
2 cans	fat free chicken broth
1 can	water
1 large	onion, chopped
10 cloves	fresh garlic, crushed or 1 1/2 teaspoons garlic powder
2 cans (7 ounces each)	diced green chilies
1 teaspoon	ground cumin
1 teaspoon	oregano leaves
1/2 teaspoon	salt
1/2 teaspoon	freshly ground pepper
1/4 teaspoon	cayenne pepper

Heat a non-stick skillet over Medium heat. Cook ground turkey about 8 minutes or until no longer pink. Combine beans, broth, water, onion, garlic, chilies and spices in a stock pot. Heat to boiling; add turkey. Reduce heat to Low and simmer uncovered 1 hour, stirring occasionally. Serve chili over broken tortilla chips in a bowl. Top with garnishes such as low fat cheese and a spoonful of salsa.

**Servings: 8**

**Preparation time: 10 minutes**

**Cooking time: 1 hour and 15 minutes**

## Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
<b>Calories</b>	196.80
Calories From Fat (5%)	9.28
% Daily Value	
<b>Total Fat</b> 1.09g	<b>2%</b>
Saturated Fat 0.27g	<b>1%</b>
<b>Cholesterol</b> 11.25mg	<b>4%</b>
<b>Sodium</b> 1172.90mg	<b>49%</b>
<b>Potassium</b> 576.20mg	<b>16%</b>
<b>Carbohydrates</b> 32.89g	<b>11%</b>
Dietary Fiber 7.13g	<b>29%</b>
Sugar 1.12g	
Sugar Alcohols 0.00g	
Net Carbohydrates 25.76g	
<b>Protein</b> 15.44g	<b>31%</b>

## Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1 to 1 1/2 pounds lean ground turkey breast meat	1 x from 1 lb ready-to-cook turkey of Turkey, all classes, light meat, raw
2 cans Navy (Great Northern) beans, undrained	4 x 1 cup of Beans, navy, mature seeds, canned
2 cans fat free chicken broth	2 x 100g of Soup, SWANSON Chicken Broth 99% Fat Free
1 can water	1 x 1 cup (8 fl oz) of Water, municipal
1 large onion, chopped	1 x 1 large onion of Onions, raw
10 cloves fresh garlic, crushed or 1 1/2 teaspoons garlic powder	10 x 1 clove of Garlic, raw
2 cans (7 ounces each) diced green chilies	2 x 1 can of Tomatoes, red, ripe, canned, with green chilies
1 teaspoon ground cumin	1 x 1 teaspoon of Spices, cumin seed
1 teaspoon oregano leaves	1 x 1 teaspoon of Spices, oregano, ground
1/2 teaspoon salt	0.50 x 1 teaspoon of Salt, table
1/2 teaspoon freshly ground pepper	0.50 x 1 teaspoon of Spices, pepper, black
1/4 teaspoon cayenne pepper	0.25 x 1 teaspoon of Spices, pepper, red or cayenne

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