

# Two Bean Turkey Chili

## Soup of the Month – November 2013



This is a great choice for a potluck or anytime you need a take-somewhere dinner because it serves a crowd and everyone loves it!

**Prep Time:** 50 Min

**Start to Finish:** 50 Min

**Makes:** 10 servings (1 1/2 cups each)

### INGREDIENTS

1 1/2 tablespoons canola oil  
2 lb. lean (at least 90%) ground turkey  
1 1/2 cups coarsely chopped onions (about 3 medium)  
1 1/2 cups chopped celery (3 to 4 stalks)  
3 cloves garlic, finely chopped  
3 teaspoons ground cumin  
2 teaspoons dried oregano leaves  
5 1/4 cups reduced-sodium chicken broth (from two 32-oz cartons)  
2 cans (15 to 16 oz. each) great northern beans, drained, rinsed  
2 cans (15 oz. each) black-eyed peas, drained, rinsed  
2 cans (11 oz. each) Frozen white shoe-peg corn, drained  
2 cans (4.5 oz. each) chopped green chilies  
2 tablespoons fresh lime juice

### DIRECTIONS

1. In 6-quart pot, heat oil over medium-high heat. Cook turkey, onions, celery, garlic, cumin and oregano in oil 5 to 6 minutes, stirring frequently, until turkey is no longer pink; drain.
2. Stir in remaining ingredients except lime juice. Heat to boiling; reduce heat. Cover; simmer 25 to 30 minutes to blend flavors, stirring occasionally. Stir in lime juice.

**Recipe Provides:** Meat & Beans 5oz-equivalents, Vegetables 1 1/2c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 1/2 cup	<b>Calories:</b>	410	<b>Calories from Fat:</b>	70
<b>Total Fat:</b>	8 g	<b>Saturated Fat:</b>	2 g	<b>Cholesterol:</b>	60 mg
<b>Sodium:</b>	580 mg	<b>Total Carbohydrate:</b>	48 g	<b>Dietary Fiber:</b>	9 g
<b>Sugars:</b>	5 g	<b>Protein:</b>	34 g		



This recipe adapted from [WWW.eatbetterearly.com](http://WWW.eatbetterearly.com)