

White Bean Turkey Chili Main Dish

Serving Size 8 oz

Ingredients

| | 20 Servings | | 40 Servings | |
|--|-------------|--------------|-------------|----------|
| | Weight | Measure | Weight | Measure |
| Roasted turkey meat, raw | 4 lbs | -- | 8 lbs | -- |
| Vegetable oil | -- | 2 tbsp | -- | ¼ cup |
| Yellow onions, diced | 1 lb | 1 qt | 2 lbs | 2 qts |
| Fresh garlic, minced | -- | 2 tbsp | -- | ¼ cup |
| Ground cumin | -- | 2 tbsp | -- | ¼ cup |
| Dry oregano leaves | -- | 2 tbsp | -- | ¼ cup |
| Crushed red pepper flakes | -- | 1 tsp | -- | 2 tsp |
| Great Northern beans, canned, do not drain | -- | 2 qts 2 cups | -- | 5 qts |
| Water | -- | 2 cups | -- | 1 qt |
| Diced canned green chilies, hot or medium, 4-oz cans | -- | 2 cans | -- | 4 cans |
| Sour cream | -- | 1 ¼ cups | -- | 2 ½ cups |
| Fresh cilantro leaves, chopped | -- | 1 ¼ cups | -- | 2 ½ cups |

Directions

Cook the turkey roast at 350°F, covered, until the internal temperature is 165°F. Cool.

Remove the skin, dice the turkey in to ½" cubes.

In a large stockpot heat the vegetable oil over medium heat, add the onions and garlic, and sweat until softened, about 5 minutes. Add the cumin, oregano and crushed red pepper flakes.

Add the canned Great Northern beans with the liquid, the diced turkey, water and the canned diced green chilies. Bring to a low boil then reduce to a simmer and cover. Continue to simmer the chili, stirring occasionally, for 30 minutes to 1 hour. Hold hot at or above 140°F until service.

Serve 8 ounces of chili topped with 1 tablespoon sour cream. Serve fresh chopped cilantro on the side.



Components

Meat/Meat ALT 2 oz eq

Vegetable (legume) 1/2 cup

Nutrients Per Serving

Calories 330 kcal

Total Fat 8.78 g

Saturated Fat 3.12 g

Cholesterol 35.62 mg

Carbohydrate 43.8 g

Dietary Fiber 8.93 g

Protein 23.6 g

Sodium 446.27 mg

Iron 4.04 mg

Calcium 189.88 mg

Vitamin A 281.06 IU

Vitamin C 8.06 mg

BEANS: Simply Delicious, Naturally Nutritious

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