

White Chili

Yield: 15 servings

Ingredients:

2½ pounds ground turkey	4 cups sliced fresh mushrooms, steamed
2 medium onions, chopped	2 15½-ounce cans great northern beans
2 tablespoons olive oil	1 15½-ounce can garbanzo beans
5 cloves garlic, minced	1 15½-ounce can white hominy
3 tablespoons crushed cumin seed	3 4-ounce cans chopped green chilies
3 tablespoons all-purpose flour	salt and white pepper
6 cups hot fat-free chicken broth	sour cream
1 pound cooked bratwurst or potato sausage, cut into 1-inch pieces	grated Monterey jack cheese
¼ cup chopped fresh cilantro, tightly packed	sliced green onions

Procedure:

Brown ground turkey, drain and set aside. In a 4- or 5-quart Dutch oven, cook onion in oil for 2 to 3 minutes; add garlic and cumin and cook 2 to 3 minutes more. Add flour to onion mixture and cook for 5 minutes, stirring constantly; add hot broth and let mixture come to a boil, stirring constantly.

340 calories and 15 grams of fat per serving, without sour cream, cheese and onions

Reduce to simmer and add cooked turkey, sausage, cilantro, mushrooms, beans, hominy and chilies. Cook for 30 minutes; season with salt and pepper to taste. Ladle chili into serving bowls and stir in a dollop of sour cream; top with cheese and green onions.

Replacing the sausage with another can of beans adds fiber and saves you about 10 grams of fat per serving.

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