

Turkey and White Bean Chili

8 servings



What you need:

- 1 pound lean ground turkey (or 90% lean ground beef)
- 1 tsp canola oil
- 1 medium onion, chopped
- 3 celery stalks, coarsely chopped
- 3 (15 oz) cans small white beans, rinsed and drained
- 2 (10 oz) cans chopped tomatoes with green chilis (such as Ro-Tel)
- 1 (8 oz) can tomato sauce
- 1 ½ TBSP Mexican seasoning (or 1 TBSP chili powder & 1 tsp ground cumin)

All you do:

- 1) In a large heavy pot, cook ground turkey over medium-high heat until no longer pink (about 5 to 6 minutes). Remove turkey from pan, drain & set aside.
- 2) Heat oil in the same pot over medium heat; add onion & celery and cook until softened (about 4 minutes).
- 3) Add cooked turkey, beans, canned tomatoes and their juice, tomato sauce and seasonings to the pot. Bring the mixture to a boil; reduce heat and simmer uncovered for 20 minutes.
- 4) Pass around shredded jack cheese, sliced green onions & chopped cilantro as toppings.