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White Chili

Prep Time: 10 mins

Cook Time: 35 mins

Total Time: 45 mins

Ingredients

- 1 tablespoon oil, canola
- 1 1/2 cup(s) onion(s)
- 8 ounce(s) pepper(s), green chile, canned
- 1 teaspoon oregano, dried
- 1 teaspoon cumin, ground
- 1/4 teaspoon pepper, cayenne
- 45 ounce(s) beans, Great Northern
- 4 cup(s) broth, chicken, less sodium
- 4 cup(s) turkey, cooked
- 2 tablespoon vinegar, cider

Preparation

1. Heat oil in a large pot or Dutch oven over medium-high heat. Add onion; cook, stirring occasionally, until softened, about 5 minutes. Stir in chiles, oregano, cumin and cayenne. Cook, stirring occasionally, for 5 minutes.
2. Stir in beans and broth; bring to a simmer. Cook, stirring occasionally, for 20 minutes. Add turkey (or chicken) and vinegar; cook for 5 minutes more. Serve.



Quick Info:

6 Servings

Quick Meal

Nutritional Info (Per serving):

Calories: 453, Saturated Fat: 2g, Sodium: 213mg, Dietary Fiber: 9g, Total Fat: 6g, Carbs: 44g, Cholesterol: 68mg, Protein: 44g

Carb Choices: 2.5

Recipe Source:

EatingWell.com



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