

Turkey-Meatball White Chili



Makes 6 servings

Active time: **25 minutes**

Total time: **1 hour 10 minutes**

Turkey meatballs, tangy tomatillos and a soup-like broth make for a bright alternative to a classic beef-and-bean chili.

Ingredients

- 2 egg whites
- ⅓ cup fine dry whole-wheat or regular breadcrumbs
- ¼ cup snipped fresh cilantro
- 4 cloves garlic, minced
- ½ teaspoon paprika
- 1 pound lean ground turkey
- 1 small red onion, cut into thin wedges
- 1 tablespoon canola oil
- 1 teaspoon cumin seeds, crushed
- 8 fresh tomatillos (about 1 pound)
- 1 15-ounce can no-salt-added cannellini beans (white kidney beans), rinsed and drained
- 1 14.75-ounce can cream-style corn
- 1 cup reduced-sodium chicken broth
- 1 cup water
- 1 to 2 fresh serrano chile peppers, seeded, if desired, and finely chopped
- ½ cup light sour cream (optional)
- 1 fresh serrano chile pepper, seeded and very thinly sliced (optional)
- ⅓ cup coarsely snipped fresh cilantro

Preparation

1. Preheat oven to 350°F. In a large bowl beat egg whites with a fork. Stir in breadcrumbs, 1/4 cup cilantro, garlic and paprika. Add turkey; mix well. Shape mixture into about 18 1 1/2-inch meatballs. Place meatballs in a foil-lined 15x10x1-inch baking pan. Bake about 20 minutes or until no longer pink (165°F). Set aside.
2. In a 4-quart Dutch oven, cook onion in hot oil over medium heat for 6 to 8 minutes or until tender and just starting to brown, stirring occasionally. Add cumin seeds; cook and stir for 30 seconds more. Transfer onion mixture to a bowl; set aside.
3. Remove husks from fresh tomatillos. Wash tomatillos; trim and cut each tomatillo into six wedges. Add fresh tomatillos to the same Dutch oven. Cook over medium-high heat for 3 to 5 minutes or until tomatillos are softened and starting to brown, stirring occasionally.
4. Return onion mixture to the pan with tomatillos. Add beans, corn, broth, water and chopped serrano peppers. Bring to a boil; reduce heat. Simmer, uncovered, for 10 minutes to blend flavors. Add cooked meatballs; cook for 1 to 2 minutes or until meatballs are heated through.
5. To serve, ladle hot soup into six soup bowls. If desired, top with sour cream and garnish with sliced serrano pepper. Sprinkle with 1/3 cup cilantro.

Tips & Notes

Chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

Nutrition

Per Serving: 306 calories; 33 g carbohydrates; 11 g fat (2 g sat, g mono); 22 g protein; 56 mg cholesterol; 6 g dietary fiber; 692 mg potassium; 446 mg sodium. Nutrition bonus: 7 mg Niacin, 15 mg Vitamin C, 49 µg Folate, 74 mg Calcium, 1 µg Vitamin B12, 3 mg Iron, 405 IU Vitamin A