

Going Lo-Co Turkey Chili

(Adapted from Cooking Light, November 2003)

This is a great recipe to take to a friend in need – it tastes great, is not spicy, is easy to make (uses a lot of canned veggies), is relatively low fat, freezes well, and kids love it – especially served with Tortilla chips. Plus you can make a double batch and have dinner for your family as well!

INGREDIENTS

- 2 teaspoons olive oil
- 1 cup chopped onion
- 2 garlic cloves, minced (I use 6 cloves)
- 4 cups shredded cooked turkey breast ~ about 1 pound (OR ground turkey, browned and drained, which is what I usually do)
- 3 cups fat-free, less-sodium chicken broth
- 1 1/2 teaspoons dried oregano
- 1 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 2 (15-ounce) cans cannellini beans or other white beans, rinsed and drained
- 1 (14.5-ounce) can diced tomatoes, undrained
- 1 (4.5-ounce) can chopped green chiles, undrained
- Shredded Cheddar or Shredded Monterey Jack cheese , light
- Reduced Fat Sour Cream
- Tortilla Chips (Scoops)

INSTRUCTIONS

1. Brown the ground turkey (if using), then set aside to drain.
2. Heat oil in a large Dutch oven or large stockpot over medium heat. Add onion and (later) garlic; saute 5 minutes or until tender.
3. Stir in turkey and next 8 ingredients (turkey through chiles); bring to a boil. Reduce heat; simmer 20 minutes or until thick.

To Serve: Top each serving with cheese and sour cream: stir cheese in, then add a spoon sour cream. Serve with Tostitos Scoops or other tortilla chips.

NUTRITIONAL INFO

CALORIES 298 (24% from fat); FAT 8g (sat 3.3g, mono 2.7g, poly 1.3g); PROTEIN 29.5g; CARB 27.3g; FIBER 3.8g; CHOL 58mg; IRON 3.9mg; SODIUM 788mg; CALC 178mg

YIELD: 8 servings (serving size: 1 cup chili and 2 tablespoons cheese)

<https://golowcholesterol.com/lo-co-recipes>