

White Turkey Chili

Rating: ★★★★★

Makes: 6 Servings

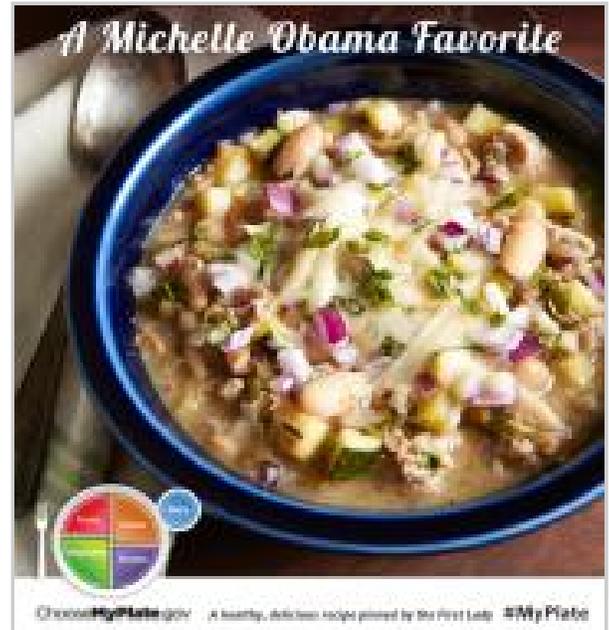
This healthy white turkey chili recipe is gorgeous, with flecks of green from zucchini, oregano and green chiles. To keep the saturated fat low, we use one pound of ground turkey and add whole-grain bulgur to boost the volume and fiber in this chili recipe. After all the ingredients are added to the pot, we like to slowly simmer our chili for close to an hour to develop the best flavor, but if you're in a hurry, reduce the liquid by half and simmer for 20 to 25 minutes.

Ingredients

- 3 tablespoons** extra-virgin olive oil (or canola oil)
- 16 ounces** 93% lean ground turkey
- 1** large onion (diced)
- 4 cloves** garlic (minced)
- 2** medium zucchinis (diced, about 3 1/2 cups)
- 1/2 cup** bulgur
- 2 tablespoons** dried oregano
- 4 teaspoons** ground cumin
- 1/2 teaspoon** ground coriander
- 1/2 teaspoon** white pepper
- 1/4 teaspoon** salt
- 2 cans** 15-ounce no salt added white beans (rinsed)
- 2 cans** 4-ounce green chiles (mild and hot)
- 4 cups** reduced-sodium chicken broth

Directions

1. Heat oil in a Dutch oven over medium-high heat. Add ground turkey, onion, and garlic. Cook, stirring and breaking up the meat with a wooden spoon, until the meat is no longer pink, 3 to 5 minutes.
2. Add zucchini and cook, stirring occasionally, until the



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	356	
Total Fat	14 mg	22%
Protein	26 g	
Carbohydrates	35 g	12%
Dietary Fiber	10 g	40%
Saturated Fat	2 g	10%
Sodium	722 mg	30%

MyPlate Food Groups

Vegetables	2 cups
Grains	1/2 ounce
Protein Foods	2 ounces

zucchini is starting to soften, 5 to 7 minutes.

3. Add bulgur, oregano, cumin, coriander, white pepper and salt and cook, stirring until aromatic, 30 seconds to 1 minute.
4. Stir in white beans and chiles, then pour in broth; bring to boil.
5. Reduce heat to a simmer, partially cover the pot and cook, stirring occasionally, until the liquid is reduced and thickened and the bulgur is tender, about 50 minutes.

A First Lady's Favorite from Eating Well