

White Bean Turkey Chili

Serves 6

Ingredients:

- 1 Tbsp. canola oil
- 1 large onion, diced
- ¼ cup minced garlic
- 2 lbs. ground turkey
- 1½ Tbsp. cayenne or chili pepper*
- 1½ tsp. ground cumin
- 1 tsp. dried oregano
- 4 15½ ounce cans cannellini beans, drained
- 2 cups chicken broth
- 8 ounces fire roasted green chilies
- 1 15½ ounce can diced tomatoes
- 1/3 cup cilantro leaves, chopped*
- 2 Tbsp. fresh lime juice*
- Salt and freshly ground pepper, to taste*

*see notes

Instructions:

1. In a large pot, heat oil over med-high heat. Add onion and garlic, and sauté until tender and golden, 5 – 10 minutes. Add turkey and cook until browned, 5 – 8 minutes. Add chili powder, cumin, and oregano and cook until incorporated, 3 – 5 minutes. Add 2 can of the beans, 1½ cups of broth, and green chilies and bring to boil. Reduce heat to low and simmer until flavors meld, about 20 minutes.
2. In a blender or food processor, combine the 2 cans of beans with the remaining broth and process until smooth. Transfer the mixture to the pot and simmer until thickened, about 20 minutes.
3. Remove pot from heat and add the tomatoes, cilantro, lime juice, salt, pepper. Stir well and serve.

Notes:

Chili pepper for mild heat, Cayenne pepper for medium

Approximately ½-bunch cilantro

1 lime contains approximately 3 Tbsp. juice

3 heavy pinches of kosher salt seem to be just enough