



Turkey Chili with Beans & Hominy

Serves 10– 12

Like Chili? Try this heart healthy version with lean protein, fiber, and lots of vegetables

Ingredients:

1½ cups cooked white navy beans*	½ teas. salt (optional)
1 cup chopped onion (1 med.)	¼ teas. cinnamon
1 cup chopped green pepper (1 lg.)	2 cans diced tomatoes** (with juice)
1 cup diced celery (2 large or 3-4 med. stalks)	3 cups cubed, cooked turkey (about 1½ lb.)
3 cups chicken or turkey broth+	(no skin, remove underlying fat)
2 Tbsp. of chili powder	2 cans hominy (15.5 oz., low sodium, drained)
1 teas. garlic powder	1½ - 2 cups low or fat free sour cream or plain
1 teas. dried or 1 Tbsp. fresh cilantro (optional)	yogurt (optional)
1 teas. cumin (optional)	1½ - 2 cups reduced fat grated cheese (optional)
1 teas. salt-free herb seasoning	

*about 2/3 cup dried white navy beans = 1½ cups cooked, **14.5 oz., no added salt or low sodium
+ If you use a powdered soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base specified on the label's directions and eliminate the salt. Chill homemade broth and remove solid fat layer.

Directions: Preparing the beans: Overnight Soak Method: Rinse beans in a colander, sort out any debris or shriveled beans. Soak overnight in the refrigerator in 6 cups of water, drain off any remaining fluid. Simmer for an hour or until tender. Quick Cooking Method: Rinse beans in a colander, sort out any debris or shriveled beans. Simmer for 2 hours in 6 cups of water, drain off any remaining fluid. For a softer texture, leave the lid on when cooking. For a firmer texture, remove the lid when cooking. Firmer beans will hold their shape better in soup.

Peel onion, rinse after peeling. Rinse green pepper, remove stem and seeds. Rinse celery. Chop raw vegetables. Add chopped vegetables to a large soup pot. Add the broth, chili powder, garlic, cilantro, cumin, herb seasoning, salt, diced tomatoes and turkey. Simmer about 15 minutes until vegetables are tender. Add the cooked beans and hominy. Heat until boiling, and then reduce heat to low. Simmer another hour for best flavor. Top bowls of chili with low fat sour cream or yogurt and reduced fat grated cheese. You may also want to serve with a slice of lime, low fat tortilla chips, and avocado slices.

Substitutions: You may use 1 can diced tomatoes** and 1, 15 oz. can of low sodium tomato sauce in place of 2 cans of diced tomatoes. You may also use 1½ - 2 lb. diced fresh tomatoes (with juice) in place of the canned diced tomatoes. 1 can of reduced sodium black, pinto, or vegetarian beans (drained) may be substituted for the cooked navy beans. Add more chili powder if you like it hotter/spicier.

Nutrition: This recipe provides protein (beans and turkey), fiber (beans), vegetables, and dairy (with optional plain yogurt and grated cheese. It has reduced amounts of fat and sodium. To reduce the sodium further, eliminate the salt.