White Bean and Turkey Chili

Yields: 4 servings
Prep: 30 min

Ingredients

1 Tbsp canola oil
1 cup diced yellow onion (about 2 medium)
1 1/2 Tbsp chili powder
1 Tbsp minced garlic
1 1/2 tsp ground cumin
1 tsp dried oregano
2 (15.8 oz) cans Great Northern beans, rinsed and drained
4 cups fat-free, low-sodium chicken broth
3 cups chopped cooked turkey
1/2 cup diced & seeded plum tomato (about 1)
1/3 cup chopped fresh cilantro
2 Tbsp fresh lime juice
1/2 tsp salt
1/2 tsp freshly ground black pepper
8 lime wedges (optional)

Directions

1. Heat oil in a large Dutch oven over medium-high heat. Add onion; sauté 10 minutes or until tender and golden. Add chili powder, garlic, and cumin; sauté for two minutes. Add oregano and beans; cook for 30 seconds. Add broth; bring to a simmer. Cook 20 minutes.

2. Place 2 cups of bean mixture in a blender or food processor, and process until smooth. Return pureed mixture to pan. Add turkey, and cook five minutes or until thoroughly heated. Remove from heat. Add diced tomato, chopped cilantro, lime juice and salt and pepper, stirring well. Garnish with lime wedges, if desired.

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