

White Chili

Prep: 15 minutes | Cook: 45 minutes | Total: 60 minutes

Yield: 6 servings | Serving Size: ½th of the recipe

Ingredients

1 tablespoon oil
1 medium onion, diced
2 stalks celery, diced
3 medium poblano or bell peppers, finely diced
1 clove garlic, minced (about ½ teaspoon)
1 pound lean ground turkey or chicken
2 (15.5-ounce) cans no-salt-added white cannellini beans, drained and rinsed
4 cups (32 ounces) no-salt-added chicken broth
1 teaspoon ground cumin
1 teaspoon ground coriander
¾ teaspoon dried oregano
¼ teaspoon cayenne pepper, plus more to taste
2 tablespoons fresh cilantro, chopped (or 2 teaspoons dried)
Lime wedges, as desired

Directions

1. Heat a large saucepan (pot) over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion, celery, and peppers.
4. Sauté until the vegetables are soft, about 4-5 minutes.
5. Add the ground turkey or chicken and cook until no longer pink.
6. Add the cannellini beans, broth, cumin, coriander, oregano, and cayenne pepper.
7. Bring to a simmer and cook for 30 minutes, stirring occasionally.
8. Stir in the cilantro.
9. Taste, adding more cayenne if desired.
10. Serve warm, with lime wedges to squeeze on juice to taste.

Recipe Notes

- To reduce the heat, choose bell peppers over poblano peppers.

Nutrition Facts Per Serving: Calories: 320 | Total Fat: 9.5 g | Saturated Fat: 2 g
Sodium: 100 mg | Total Carbohydrate: 35 g | Dietary Fiber: 12.5 g | Protein: 24 g

Inspired by a recipe submitted by Christina Corkern RD, LD/N
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