RECIPE

Turkey and White Bean Chili

A thick dinner chili of lean turkey, cannellini beans and tomatoes, lower in sodium at about 357 mg a bowl and 371 kcal.

MAKES

6 servings US Metric

TOTAL

50 min

Ingredients

- [ ] 1 tbsp olive oil
- [ ] 1 large onion (about 7 oz), peeled and chopped
- [ ] 1 red bell pepper (about 6 oz), seeded and diced
- [ ] 1 jalapeño, seeded and minced
- [ ] 1 ½ lb 93% lean ground turkey
- [ ] 1 tbsp chili powder
- [ ] 2 tsp ground cumin
- [ ] 1 tsp smoked paprika
- [ ] 1 tsp dried oregano
- [ ] 1 tsp garlic powder
- [ ] ½ tsp salt
- [ ] 1 can (28 oz) no-salt-added diced tomatoes, with juice
- [ ] 2 cups low-sodium chicken broth
- [ ] 2 cans (15 oz each) no-salt-added cannellini beans, drained and rinsed

Method

1. Warm the oil in a large pot on medium. Cook the onion, bell pepper and jalapeño 6 minutes, stirring now and then, until the onion is soft.
2. Add the turkey and break it up with a spoon. Cook 7 to 8 minutes, until no pink is left and a clump reads 165 °F on a thermometer.
3. Stir in the chili powder, cumin, paprika, oregano, garlic powder and salt. Cook 1 minute, until it smells toasty.
4. Pour in the tomatoes with their juice, the broth and the beans. Bring to a boil, then turn down to a gentle simmer.
5. Simmer, uncovered, 25 minutes, stirring now and then, until the chili is thick enough to mound on a spoon. Water boils lower a mile up, so it takes a little longer than the 15 to 20 minutes in the recipes we read.

- [ ] 1 tbsp apple cider vinegar
- [ ] ¼ tsp black pepper

6. Stir in the vinegar and pepper. Taste before adding any salt; there is none beyond the half teaspoon above.

7. Cool no more than 2 hours, then refrigerate, covered, up to 4 days, or freeze flat in bags. Reheat to a boil, adding a splash of water if it has thickened.