



Poblano-Turkey Sausage Chili

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 28 ounce canned tomatoes diced undrained canned
- ☐ 2 teaspoons cooking oil
- ☐ 1 cup chicken stock see divided (such as Swanson)
- ☐ 1 tablespoon chili powder
- ☐ 2 tablespoons flour all-purpose

- ☐ 0.5 cup cilantro leaves fresh coarsely chopped
- ☐ 1 tablespoon garlic fresh minced
- ☐ 0.5 teaspoon cumin
- ☐ 8 ounces turkey sausage sweet italian
- ☐ 0.3 cup cream sour reduced-fat
- ☐ 1 cup onion
- ☐ 0.5 teaspoon oregano dried
- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 2 poblano pepper seeded finely chopped

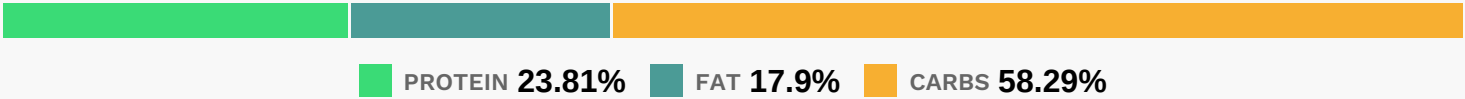
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion and garlic; saut 4 minutes or until browned.
- ☐ Remove casings from sausage; add sausage to pan. Stir in chili powder, oregano, cumin, poblanos, and bay leaf; cook 4 minutes or until sausage is browned, stirring to crumble sausage.
- ☐ Add 1 cup stock, tomatoes, and beans. Bring to a boil; reduce heat, and simmer 25 minutes or until slightly thickened.
- ☐ Combine flour and the remaining 2 tablespoons stock in a small bowl, stirring with a whisk to form a slurry.
- ☐ Add slurry to chili, stirring with a whisk. Bring to a boil; cook 1 minute or until thickened.
- ☐ Remove from heat; stir in cilantro and black pepper. Discard bay leaf.
- ☐ Serve with sour cream and sliced radishes, if desired.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:10.97, Inflammation Score:0, Nutrition Score:30.481739163399%

Flavonoids

Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg

Nutrients (% of daily need)

Calories: 371.47kcal (18.57%), Fat: 7.72g (11.88%), Saturated Fat: 2.47g (15.45%), Carbohydrates: 56.58g (18.86%), Net Carbohydrates: 39.32g (14.3%), Sugar: 10.15g (11.27%), Cholesterol: 24.59mg (8.2%), Sodium: 617.35mg (26.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.12g (46.23%), Vitamin C: 59.07mg (71.6%), Fiber: 17.26g (69.03%), Folate: 266.1µg (66.53%), Manganese: 1.09mg (54.49%), Iron: 9.19mg (51.04%), Vitamin B6: 0.75mg (37.58%), Phosphorus: 359.68mg (35.97%), Potassium: 1241.73mg (35.48%), Vitamin B1: 0.52mg (34.44%), Copper: 0.68mg (33.79%), Magnesium: 134.73mg (33.68%), Selenium: 17.09µg (24.41%), Vitamin B3: 4.79mg (23.97%), Vitamin E: 3.33mg (22.19%), Vitamin A: 1015.38IU (20.31%), Zinc: 2.96mg (19.76%), Vitamin K: 20.5µg (19.53%), Vitamin B2: 0.31mg (18.47%), Calcium: 142.64mg (14.26%), Vitamin B5: 1.1mg (11.04%), Vitamin B12: 0.2µg (3.38%)