



Poblano-Turkey Sausage Chili

READY IN



45 min.

SERVINGS



6

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 15 ounce no-salt-added black beans rinsed drained canned
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 28 ounce canned tomatoes diced undrained canned
- ☐ 2 teaspoons canola oil
- ☐ 1 cup no-salt-added chicken stock 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 ground cumin
- ☐ 8 ounces turkey sausage sweet italian
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 1 cup prechopped onion
- ☐ 0.5 teaspoon oregano dried
- ☐ 15 ounce no-salt-added pinto beans rinsed drained canned
- ☐ 2 poblano chiles seeded finely chopped

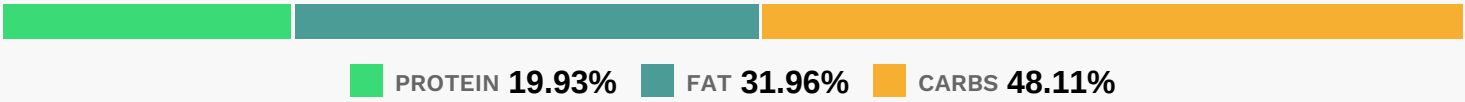
Equipment

- ☐ 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:55.92, Glycemic Load:11.04, Inflammation Score:-9, Nutrition Score:29.459565053815%

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: 442.53kcal (22.13%), Fat: 16.26g (25.01%), Saturated Fat: 5.45g (34.04%), Carbohydrates: 55.07g (18.36%), Net Carbohydrates: 38.15g (13.87%), Sugar: 8.94g (9.93%), Cholesterol: 33.28mg (11.09%), Sodium: 542.89mg (23.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.81g (45.63%), Fiber: 16.92g (67.67%), Folate: 266.1µg (66.53%), Vitamin C: 48.34mg (58.59%), Manganese: 1.09mg (54.34%), Vitamin B1: 0.7mg (46.96%), Potassium: 1262.89mg (36.08%), Vitamin B6: 0.72mg (36.05%), Phosphorus: 343.43mg (34.34%), Iron: 6.01mg (33.36%), Copper: 0.66mg (33.21%), Magnesium: 130.57mg (32.64%), Selenium: 18.07µg (25.81%), Vitamin B3: 4.63mg (23.16%), Vitamin E: 3.33mg (22.19%), Vitamin K: 20.5µg (19.53%), Vitamin A: 960.95IU (19.22%), Zinc: 2.84mg (18.9%), Vitamin B2: 0.31mg (18.36%), Calcium: 141.51mg (14.15%), Vitamin B5: 1mg (9.95%), Vitamin B12: 0.38µg (6.4%)