

# Slow Cooker Turkey and White Bean Chili

 **Gluten Free**  **Dairy Free**

READY IN



**285 min.**

SERVINGS



**8**

CALORIES



**428 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 pounds turkey breast boneless
- 1 teaspoon cajun spice
- 45 ounce cannellini beans white drained canned ()
- 42 ounce chicken broth low-sodium canned
- 0.3 cup cilantro leaves fresh chopped
- 4 cloves garlic minced
- 1.5 tablespoons ground cumin
- 29 ounce hominy white drained canned

- 2 onion chopped
- 3 serrano chiles
- 1 tablespoon vegetable oil

## Equipment

- bowl
- frying pan
- slow cooker
- immersion blender

## Directions

- Heat the vegetable oil in a large skillet over medium heat, and pan-fry the turkey breast until the meat is no longer pink, about 10 minutes per side.
- Transfer the turkey breast into a bowl to cool; shred it with 2 forks. Set the turkey meat aside. In the same skillet, cook the onions and garlic over medium heat until the onion is translucent, about 5 minutes; scrape the onions and garlic, along with any drippings, into the bowl with the turkey.
- Place 1 can of cannellini beans, the hominy, and the chicken broth into a slow cooker. With an immersion blender, blend the mixture until smooth.
- Transfer the shredded turkey, onions, garlic, 3 more cans of cannellini beans, the cilantro, cumin, and Cajun seasoning into the slow cooker, and stir to combine. Wearing gloves, cut off the serrano chile stems, split the chiles, and scrape the seeds and membranes from 2 of the chiles with a spoon. Mince all 3 chiles. For milder flavor, seed and remove membranes from all the chiles.
- Mix the serrano chiles into the soup.
- Cover the cooker, and cook on Low setting for 4 to 6 hours or High setting for 2 to 3 hours.

## Nutrition Facts



## Properties

Glycemic Index:17.5, Glycemic Load:8.84, Inflammation Score:-7, Nutrition Score:26.928260855053%

## Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg

## Nutrients (% of daily need)

Calories: 428.15kcal (21.41%), Fat: 6.17g (9.5%), Saturated Fat: 1.14g (7.11%), Carbohydrates: 54.11g (18.04%), Net Carbohydrates: 43.09g (15.67%), Sugar: 3.91g (4.34%), Cholesterol: 61.24mg (20.41%), Sodium: 644.64mg (28.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.18g (82.37%), Vitamin B3: 13.67mg (68.33%), Vitamin B6: 1.09mg (54.62%), Phosphorus: 511.16mg (51.12%), Manganese: 1.01mg (50.47%), Selenium: 31.81µg (45.45%), Fiber: 11.03g (44.1%), Iron: 7.24mg (40.23%), Potassium: 1217.09mg (34.77%), Magnesium: 135.92mg (33.98%), Zinc: 4.63mg (30.84%), Folate: 118.95µg (29.74%), Copper: 0.57mg (28.32%), Vitamin B2: 0.29mg (17.22%), Calcium: 169.18mg (16.92%), Vitamin B1: 0.22mg (14.58%), Vitamin B12: 0.86µg (14.39%), Vitamin B5: 1.39mg (13.88%), Vitamin E: 1.66mg (11.09%), Vitamin K: 10.17µg (9.68%), Vitamin C: 3.74mg (4.53%), Vitamin A: 216.64IU (4.33%)