



Two-Bean Turkey Chili



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp ancho chili powder dissolved in 2 tbsp (30 ml) lime juice
- ☐ 1 can frangelico with juice, coarsely chopped (28 oz/796 mL)
- ☐ 2 stalks celery thinly sliced
- ☐ 1 chipotles in adobo diced
- ☐ 2 tbsp cornmeal fine
- ☐ 6 cloves garlic minced
- ☐ 2 cups green beans frozen sliced
- ☐ 1 bell pepper diced green

- ☐ 1 tbsp ground cumin (see tips)
- ☐ 1 lime zest
- ☐ 1 tbsp cooking oil
- ☐ 2 onion finely chopped
- ☐ 2 tsp oregano dried
- ☐ 0.5 tsp peppercorns black
- ☐ 4 cups pinto beans cooked (see tips)
- ☐ 1 bell pepper diced red
- ☐ 2 lbs turkey breast meat boneless skinless cut into 1/2-inch (1 cm) cubes (see tips)
- ☐ 1 cup turkey broth

Equipment

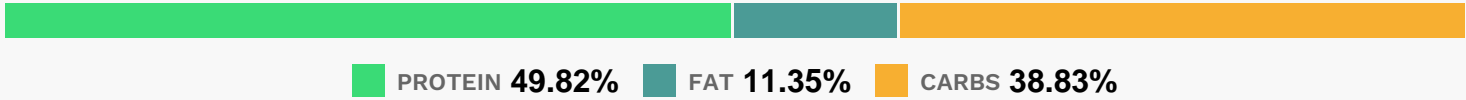
- ☐ frying pan
- ☐ mortar and pestle
- ☐ slow cooker

Directions

- ☐ In a skillet, heat oil over medium heat.
- ☐ Add onions and celery and cook, stirring, until celery is softened, about 5 minutes.
- ☐ Add garlic and cook, stirring, for 1 minute.
- ☐ Add cumin, oregano, peppercorns and lime zest and cook, stirring, for 1 minute.
- ☐ Add cornmeal and toss to coat.
- ☐ Add broth and cook, stirring, until mixture boils, about 1 minute.
- ☐ Add tomatoes with juice and return to a boil. MAKE AHEAD: Complete Step
- ☐ Cover and refrigerate for up to 2 days. When you're ready to cook, continue with the recipe.
- ☐ Transfer to slow cooker stoneware. Stir in turkey, pinto beans and green beans. Cover and cook on Low for 6 hours or on High for 3 hours, until turkey is tender and mixture is bubbly.
- ☐ Add chile powder solution, green and red bell peppers, mild green chiles, and jalapeño pepper, if using. Cover and cook on High for 30 minutes, until bell peppers are tender.

- ☐ Tips
- ☐ If you are halving this recipe, be sure to use a small (2 to 3 1/2 quart) slow cooker. Toasting the cumin seeds intensifies their flavor. Stir the seeds in a dry skillet over medium heat until fragrant, about 3 minutes.
- ☐ Transfer to a mortar or spice grinder and grind. You'll need about 3 cups (750 mL) cubed turkey breast to make this chili. You can also use leftover turkey. Use 3 cups (750 mL) shredded cooked turkey and add along with the bell peppers.
- ☐ Add the jalapeño pepper if you're a heat seeker; add the chipotle in adobo sauce if you like a hint of smoke as well. For this quantity of beans, cook 2 cups (500 mL) dried beans or use 2 cans (14 to 19 oz/ 398 to 540 mL) pinto beans, drained and rinsed.

Nutrition Facts



Properties

Glycemic Index:34.3, Glycemic Load:5.12, Inflammation Score:-8, Nutrition Score:14.354347854205%

Flavonoids

Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg

Nutrients (% of daily need)

Calories: 272.04kcal (13.6%), Fat: 3.53g (5.44%), Saturated Fat: 0.3g (1.86%), Carbohydrates: 27.19g (9.06%), Net Carbohydrates: 18.37g (6.68%), Sugar: 3.23g (3.58%), Cholesterol: 76.04mg (25.35%), Sodium: 160.72mg (6.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.9g (69.79%), Vitamin C: 32.48mg (39.37%), Fiber: 8.82g (35.27%), Folate: 141.08µg (35.27%), Manganese: 0.56mg (27.79%), Iron: 4.23mg (23.48%), Vitamin K: 20.3µg (19.33%), Vitamin A: 860.98IU (17.22%), Vitamin B6: 0.34mg (17.1%), Potassium: 502.01mg (14.34%), Phosphorus: 138.36mg (13.84%), Magnesium: 53.36mg (13.34%), Vitamin B1: 0.2mg (13.22%), Copper: 0.22mg (11.14%), Vitamin E: 1.66mg (11.08%), Calcium: 92.96mg (9.3%), Selenium: 5.24µg (7.49%), Vitamin B2: 0.12mg (7.06%), Zinc: 1mg (6.66%), Vitamin B3: 0.87mg (4.35%), Vitamin B5: 0.34mg (3.42%)