

California Turkey Chili

dashrecipes.com

Dash Magazine - Jan/Feb 2014

Servings: 6

1/4 cup extra-virgin olive oil
2 large fresh poblano chiles, seeded and diced
1 large onion, chopped
1 stalk celery, chopped
4 large cloves garlic, smashed and chopped
1 1/2 pounds ground dark meat turkey
1 tablespoon flour
1/4 cup tomato paste
3 tablespoons chili powder
1 tablespoon ground cumin
1 teaspoon dried oregano, crushed
1/2 teaspoon cinnamon
1/8 teaspoon ground cloves
2 teaspoons packed dark brown sugar
Kosher salt
freshly ground pepper
3 cups low-sodium chicken broth
1 can (15 ounce) cannellini beans, drained and rinsed

Heat the oil over medium-high heat in a large heavy pot or Dutch oven. Add the poblanos, onion, celery and garlic. Saute' until the vegetables soften, 5 to 6 minutes.

Add the turkey and saute', breaking up the meat with the back of a spoon, until no longer pink, about 7 minutes. Sprinkle the flour over the meat and stir to blend. Add the tomato paste, chili powder, cumin, oregano, cinnamon, cloves, brown sugar, one teaspoon of salt and one-half teaspoon of pepper. Cook., stirring, for 1 to 2 minutes.

Add the broth and beans. Bring to a simmer. Reduce the heat to medium-low and simmer, stirring often, until the flavors blend and the chili thickens, 20 to 30 minutes.

Spoon the chili into bowls and serve.

Start to Finish Time: 1 hour

Per Serving (excluding unknown items): 254 Calories; 12g Fat (36.0% calories from fat); 15g Protein; 31g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 159mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 2 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	254	Vitamin B6 (mg):	.3mg
------------------	-----	------------------	------

% Calories from Fat:	36.0%
% Calories from Carbohydrates:	43.2%
% Calories from Protein:	20.8%
Total Fat (g):	12g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	31g
Dietary Fiber (g):	8g
Protein (g):	15g
Sodium (mg):	159mg
Potassium (mg):	939mg
Calcium (mg):	130mg
Iron (mg):	6mg
Zinc (mg):	2mg
Vitamin C (mg):	10mg
Vitamin A (i.u.):	1616IU
Vitamin A (r.e.):	161 1/2RE

Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	148mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	1
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 254 Calories from Fat: 92

% Daily Values*

Total Fat	12g	18%
Saturated Fat	1g	7%
Cholesterol	0mg	0%
Sodium	159mg	7%
Total Carbohydrates	31g	10%
Dietary Fiber	8g	31%
Protein	15g	
Vitamin A		32%
Vitamin C		16%
Calcium		13%
Iron		32%

* Percent Daily Values are based on a 2000 calorie diet.