



Turkey and White Bean Pumpkin Chili

Yields 6 servings

Serving size: ¾ cup

Ingredients:

- Cooking spray
- ½ pound lean ground turkey
- ¼ teaspoon olive oil
- ½ small onion, chopped
- ½ teaspoon minced garlic
- ½ teaspoon cumin powder
- ⅛ teaspoon chili powder, to taste
- 1 bay leaf
- ⅛ teaspoon oregano, dried
- 1 (15 ounce) can low sodium, white northern or navy beans, rinsed and drained
- 7 ounce can pumpkin puree
- 2.25 ounces canned chopped green chilies
- 2 cups low sodium chicken broth
- 3 chopped scallions for topping
- Salt and pepper to taste
- 1 cup low fat plain Greek yogurt for topping at service

Directions:

- Heat a large heavy 3- quart pot (or electric skillet) over high heat and lightly spray with oil.
- Add meat and cook, breaking it up while, about 5 minutes.
- Add the olive oil to the pan, then onions and garlic, and sauté about 3-4 minutes; Add cumin, chili powder, bay leaves and oregano, sauté another minute
- Add beans, pumpkin puree, green chilies, broth,
- Simmer for 30 minutes to an hour.
- Remove bay leaves and adjust seasoning to taste before serving.
- Serve with 1- 2 Tbs yogurt on each portion. Top with chopped scallions.

Nutrition Information:

Calories: 130, Total Carbohydrate: 17 grams, Protein: 15 grams, Total Fat: 1 gram, Sodium: 86 milligrams