



White Bean Chili

Serves 8

4 cans low sodium white beans (should be about 8 cups)
1 pound ground turkey
2 large onions sliced
1 tbsp cumin
1 tbsp chili powder
1 - 4 oz can green chilis
1 cup salsa verde
6 – 7 cups low fat and low sodium chicken stock
½ pound tomatillos cleaned and chopped up
1 cup Italian parsley coarsely chopped
¼ cup fresh lime juice

Garnish:

1 bunch green onions chopped

Fat free sour cream

1. In a large stockpot, add onions and brown ground turkey.
2. Add the white beans, cumin, chili powder, green chilis, salsa verde, chicken stock and tomatillos.
3. Allow to simmer for about 30 minutes.
4. Adjust for salt and pepper.
5. Just before serving (about 2 minutes or so) and chopped parsley and lime juice.
6. Garnish bowls with freshly chopped green onions and a dollop of fat free sour cream.

Nutritional Analysis

Serving Size: 1 waffle

Calories	380
Fat	9g
Saturated Fat	2g
Cholesterol	45mg
Sodium	370mg
Carbohydrates	49g
Dietary Fiber	12g
Sugars	8g
Protein	28g

Diabetic Exchanges:

Protein	4
Fat	2
Carbohydrates	3