

Creamy White Turkey Chili



Serves 8

Ingredients:

- 1 tablespoon oil
- 1 pound ground turkey
- 1-2 onions, finely chopped
- 1 green bell pepper, finely chopped
- 4 cloves garlic, minced
- 1 tablespoon cumin seeds
- 1 tablespoon dried oregano leaves
- 1 tablespoon chili powder
- 1 teaspoon salt

- 1/2 teaspoon cracked black peppercorns
- 1 (14 ounce) can white kidney beans, rinsed and drained (optional)
- 3 cups vegetable stock
- 3 cups cauliflower, small florets, cooked for 4 minutes in salted boiling water and drained
- 1 to 2 jalapeño peppers, minced
- 2 cups shredded Monterey Jack cheese
- 4 ounces cream cheese, cut into 1/2 -inch cubes and softened
- 1 (4 ounce) can chopped mild green chilies
- Finely chopped cilantro
- Sliced lime (for garnish)

Instructions:

1. In a skillet, heat oil over medium heat. Cook ground turkey until browned. Add onions, green pepper, and cook, stirring, until softened, about 3 minutes. Add garlic, cumin seeds, oregano, chili powder, salt and peppercorns and cook, stirring, for 1 minute. Transfer mixture to slow cooker. Add beans and vegetable stock, and stir to combine.
2. Cover and cook on low for 8 to 10 hours or on high for 4 to 5 hours, until hot and bubbling.
3. Stir in cauliflower, jalapeño pepper, Monterey Jack cheese, and cream cheese and chilies, if using. Cover and cook on High for 25 to 30 minutes, until cauliflower is heated through. Ladle into bowls and garnish as desired.

Nutrition per serving (with beans): Calories 376; Total Fat 23.1 g; Saturated Fat 10.4 g; Monounsaturated Fat 6.8 g; Polyunsaturated Fat 3.6 g; Total Carbohydrate 19.9 g; Dietary Fiber 5.8 g; Sugar Alcohols 0.3 g; Sugars 3.8 g; Protein 24.4 g; Sodium 1125 mg