

White Turkey Chili

1 tablespoon stick margarine or butter
1 1/2 cups chopped onion
1/2 cup chopped celery
1/2 cup chopped red bell pepper
1 tablespoon minced seeded jalapeño pepper
1 garlic clove, minced
3 cups chopped cooked turkey (about 15 ounces)
2 (19-ounce) cans cannellini beans or other white beans, drained and divided
2 (16-ounce) cans fat-free, less-sodium chicken broth
1 (4.5-ounce) can chopped green chiles
1 cup frozen whole-kernel corn
1 1/2 teaspoons ground cumin
1 teaspoon chili powder
1/2 teaspoon salt
1/4 teaspoon black pepper
1 cup 1% low-fat milk
1/2 cup chopped fresh cilantro

Melt the margarine in a large Dutch oven over medium-high heat. Add onion and next 4 ingredients (onion through garlic), and sauté 5 minutes. Add turkey, 1 1/2 cups beans, broth, and next 6 ingredients (broth through black pepper), and bring to a boil. Cover, reduce heat, and simmer 15 minutes.

Mash remaining beans. Add mashed beans and milk to the turkey mixture. Simmer, uncovered, 20 minutes or until mixture is thick, stirring frequently. Stir in chopped cilantro.

Serving size: 1 cup