

TURKEY WHITE BEAN CHILI

Presented by Robert Rusan at the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients	100 Servings		Directions
	Weight	Measure	
Celery, diced	1 lb.		
Onion, diced	1 lb.		
Green pepper, diced (may use a variety)	1 lb.		<ol style="list-style-type: none"> 1. This recipe can be prepared in one pot or pan or tilt skillet. For the tilt skillet or large stockpot place oil in pot. Add diced vegetables, celery, onions, and peppers. Sauté the vegetables until they become soft and translucent. 2. To cook in the oven, spray two 20-by 12-by 4-inch steam table pans. Add vegetables, dividing equally between the two pans. Cook vegetables in preheated 400°F oven for 12 to 15 minutes until soft and translucent.
Cumin		0.5 cup	
Dried oregano		2 Tbsp.	
Dried thyme		2 Tbsp.	
White pepper		1 Tbsp.	
Green chiles, diced, canned	3.5 lbs.		
Cooked turkey thigh, thawed	12.5 lbs.		<ol style="list-style-type: none"> 3. While vegetables are cooking, open the turkey including broth place in a large mixing bowl. With gloves on pull turkey apart into bite-size pieces. 4. After vegetables are cooked add the spices and green chiles to the mixture. Add turkey, beans, and stock stir mixture. Cover with aluminum foil or proper lid. Place in oven cook on 400°F for one hour. Stir mixture and hold on 140°F.
Great Northern Beans (low sodium, drained)		2 ea. #10 cans	
Stock, vegetable or chicken		2.5 quarts	

Recipe Notes:

One serving provides 2 oz. eq. meat/meat alternate and ¼ cup vegetable

Nutrition Information (per serving)

Calories: 140/Protein: 13 g/Carbohydrate: 9 g/Fiber: 4 g
Saturated fat: 1.5 g/Polyunsaturated fat: 1.5 g/Monounsaturated fat: 1.5 g
Trans fat: 0 g/Cholesterol: 35 mg/Sodium: 335 mg / Potassium: 250 mg