



Turkey Pumpkin White Bean Chili

Yield: 9 servings

Source: www.skinnytaste.com

Ingredients:

- 2 lbs 99% lean ground turkey
- 1 small onion, chopped
- 3 garlic cloves, minced
- 1 tablespoon cumin
- 1 tablespoon chili powder, to taste
- 2 tsp oregano
- 2 (15 oz. cans) white northern or navy beans, rinsed and drained
- 15 oz. can pumpkin puree
- 4.5 oz. canned chopped green chiles
- 2 cups low sodium chicken broth
- 2 bay leaves
- salt and pepper to taste

Directions:

1. In a large heavy sauté pan add turkey, onion, and garlic and brown. Drain any excess liquid and place into crock pot.
2. Stir in cumin, chili powder, oregano, Great Northern beans, pumpkin, green chiles and chicken broth. Add bay leaves.
3. Cover and cook on high for 4 hours or low for 8 hours.
4. Remove bay leaves and adjust seasoning to taste before serving. Enjoy!

Nutrition information:

Serving size: 1 cup

Calories: 194

Fat: 2g

Sodium: 407mg

Carbohydrates: 24g

Sugar: 3g

Fiber: 7g

Protein: 30g