

Post-T-Day Dinner

Turkey Chili

Recipe This spicy potful, made with lima and white beans, is just right for a simple Sunday supper. Serve it with fresh-baked corn bread.

Active time 20 minutes

Total time 30 minutes

Makes 4 main-dish servings

- 1 pkg. (8.5 oz.) corn-muffin mix (optional)
- 1 Tbsp. olive oil
- 1 med. onion, chopped
- 3 cloves garlic, minced
- 1½ tsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- Salt and pepper

1 can (15 to 19 oz.) Great Northern or small white beans, rinsed and drained

1 can (14 to 14.5 oz.) chicken broth (1¾ c.)

1 pkg. (10 oz.) frozen lima beans

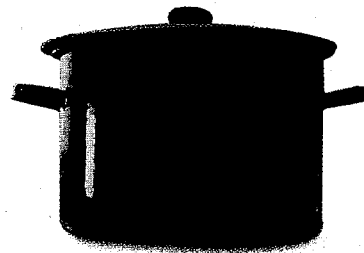
1 can (4 to 4.5 oz.) chopped mild green chiles

2 c. bite-size pieces leftover cooked turkey meat (about 10 oz.)

1 c. loosely packed fresh cilantro leaves, chopped

2 Tbsp. fresh lime juice
Lime wedges (optional)

1. If you like, prepare corn-muffin mix as label directs for corn bread.
2. While corn bread bakes, in 5-quart



Dutch oven, heat olive oil on medium until hot. Add onion and cook until tender, about 5 minutes, stirring often. Add garlic and cook 30 seconds. Stir in chili powder, cumin, coriander, ¼ teaspoon salt, and ¼ teaspoon freshly ground black pepper; cook 1 minute longer.

3. In small bowl, mash half of Great Northern beans. Add mashed and unmashed beans, chicken broth, frozen lima beans, green chiles, and turkey meat to mixture in Dutch oven. Heat to boiling on medium-high. Reduce heat to low; cover and simmer 5 minutes to blend flavors.

4. Remove Dutch oven from heat; stir in cilantro and lime juice. Cut corn bread into squares. Serve chili with corn bread and lime wedges, if you like.

EACH SERVING WITHOUT CORN BREAD

About 380 calories, 33 g protein, 45 g carbohydrate, 8 g total fat (2 g saturated), 7 g fiber, 44 mg cholesterol, 995 mg sodium. ■