

Turkey and Bean Chili

Balance the heat from the poblano pepper and fiery chili powder with a garnish of light sour cream.

- 1 cup prechopped red onion
- 1/3 cup chopped seeded poblano pepper (about 1)
- 1 teaspoon bottled minced garlic
- 1 1/4 pounds ground turkey
- 1 tablespoon chili powder
- 2 tablespoons tomato paste
- 2 teaspoons dried oregano
- 1 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 (19-ounce) can cannellini beans, rinsed and drained
- 1 (14.5-ounce) can diced tomatoes, undrained
- 1 (14-ounce) can fat-free, less-sodium chicken broth
- 1/2 cup chopped fresh cilantro
- 6 lime wedges

1. Heat a large saucepan over medium heat. Add first 4 ingredients; cook for 6 minutes or until turkey is done, stirring frequently to crumble. Stir in chili powder and next 8 ingredients (through broth); bring to a boil. Reduce heat, and simmer 10 minutes. Stir in cilantro. Serve with lime wedges. Yield: 6 serv-

ings (serving size: about 1 cup chili and 1 lime wedge).

CALORIES 211 (28% from fat); FAT 6.5g (sat 1.7g, mono 1.9g, poly 1.6g); PROTEIN 22.5g; CARB 16.4g; FIBER 4.7g; CHOL 54mg; IRON 3.4mg; SODIUM 474mg; CALC 52mg

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