

Spicy White Chili

*All-Time Favorites - 2013 Cookbook
Better Homes and Gardens Magazine*

Servings: 8

*2 cups onions, chopped
4 cloves garlic, minced
2 tablespoons olive oil
1 can (4-1/2 ounce) diced green
chilies
3 teaspoons chili powder
1 teaspoon dried oregano, crushed
1/8 teaspoon cayenne pepper
3 cans (15 ounce ea) white kidney
beans, rinsed and drained
2 cans (14-1/2 ounces ea) reduced-
sodium chicken broth
5 cups cubed cooked turkey or
chicken
4 ounces Monterey Jack cheese with
jalapeno peppers, shredded*

In a Dutch oven, cook the onions and garlic in hot oil over medium-high heat for 5 to 6 minutes, stirring often, until tender. Stir in the green chilies, chili powder, oregano and cayenne pepper. Cook for 1 minute.

Mash one can of the beans. Add all of the beans and the broth to the ingredients in the Dutch oven. Bring to simmering and cook, covered, for 10 minutes.

Stir in the turkey. Cook about 10 minutes, until heated. Stir in the cheese until melted.

Start to Finish Time: 50 minutes

Per Serving (excluding unknown items): 303 Calories; 4g Fat (12.3% calories from fat); 18g Protein; 50g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 23mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

| | |
|--------------------------------|-------|
| Calories (kcal): | 303 |
| % Calories from Fat: | 12.3% |
| % Calories from Carbohydrates: | 64.2% |
| % Calories from Protein: | 23.5% |
| Total Fat (g): | 4g |
| Saturated Fat (g): | 1g |
| Monounsaturated Fat (g): | 3g |

| | |
|---------------------|--------|
| Vitamin B6 (mg): | .3mg |
| Vitamin B12 (mcg): | 0mcg |
| Thiamin B1 (mg): | .3mg |
| Riboflavin B2 (mg): | .1mg |
| Folacin (mcg): | 303mcg |
| Niacin (mg): | 1mg |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |

| | |
|---------------------------------|--------|
| Polyunsaturated Fat (g): | 1g |
| Cholesterol (mg): | 0mg |
| Carbohydrate (g): | 50g |
| Dietary Fiber (g): | 13g |
| Protein (g): | 18g |
| Sodium (mg): | 23mg |
| Potassium (mg): | 1450mg |
| Calcium (mg): | 198mg |
| Iron (mg): | 8mg |
| Zinc (mg): | 3mg |
| Vitamin C (mg): | 4mg |
| Vitamin A (i.u.): | 351IU |
| Vitamin A (r.e.): | 35RE |

% Daily Values 0.00%

Food Exchanges

| | |
|-----------------------------|-----|
| Grain (Starch): | 3 |
| Lean Meat: | 1 |
| Vegetable: | 1/2 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |
| Fat: | 1/2 |
| Other Carbohydrates: | 0 |

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 303 Calories from Fat: 37

% Daily Values*

| | |
|--------------------------------|-----|
| Total Fat 4g | 7% |
| Saturated Fat 1g | 3% |
| Cholesterol 0mg | 0% |
| Sodium 23mg | 1% |
| Total Carbohydrates 50g | 17% |
| Dietary Fiber 13g | 51% |
| Protein 18g | |
| Vitamin A | 7% |
| Vitamin C | 6% |
| Calcium | 20% |
| Iron | 46% |

* Percent Daily Values are based on a 2000 calorie diet.