

Turkey Chile Verde

*Best Slow Cooker Recipes
Pillsbury Classic Cookbook #370*

Servings: 7

*1 tablespoon vegetable oil
1 (one pound) turkey breast
tenderloin, cut into one-inch pieces
2 cups reduced-sodium chicken broth
1 cup salsa verde
1 container (8 ounce) refrigerated
prechopped onion
1 1/2 teaspoons ground cumin
1/2 teaspoon pepper
1 can (11 ounce) chipotle white corn,
drained
1 can (4.5 ounce) chopped green chiles
2 cans (15 ounce ea) reduced-sodium
cannellini beans, drained and rinsed
light sour cream (if desired)*

Preparation Time: 20 minutes

Spray a four-quart slow cooker with cooking spray.

In a twelve-inch nonstick skillet, heat the oil over medium-high heat. Cook the turkey in oil for 6 to 8 minutes, stirring often, until browned.

In the slow cooker, mix the turkey, broth, salsa, onion, cumin, pepper, corn and chiles.

Cover and cook on LOW heat setting for seven hours.

Stir one can of the beans into the soup. Mash the remaining can of beans and stir into the soup.

Cover and cook for one hour longer or until thickened.

Serve with sour cream.

Start to Finish Time: 8 hours 20 minutes

Per Serving (excluding unknown items): 49 Calories; 2g Fat (42.0% calories from fat); 4g Protein; 3g Carbohydrate; trace Dietary Fiber; 9mg Cholesterol; 142mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Slow Cooker, Soups, Chili and Stews,
Turkey

Per Serving Nutritional Analysis

% Calories from Fat:	42.0%
% Calories from Carbohydrates:	27.0%
% Calories from Protein:	31.0%
Total Fat (g):	2g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	9mg
Carbohydrate (g):	3g
Dietary Fiber (g):	trace
Protein (g):	4g
Sodium (mg):	142mg
Potassium (mg):	31mg
Calcium (mg):	6mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	16mg
Vitamin A (i.u.):	55IU
Vitamin A (r.e.):	5 1/2RE

Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	2mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 7

Amount Per Serving

Calories 49 Calories from Fat: 21

		% Daily Values*
Total Fat	2g	3%
Saturated Fat	trace	2%
Cholesterol	9mg	3%
Sodium	142mg	6%
Total Carbohydrates	3g	1%
Dietary Fiber	trace	1%
Protein	4g	
Vitamin A		1%
Vitamin C		26%
Calcium		1%
Iron		2%

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