

All-American Turkey Chili

Serves 10

Ingredients

2 tablespoons olive oil
2 onions, chopped
1 red bell pepper, stemmed, seeded, and chopped
1/4 cup chili powder (I started with 2 Tbsp. and added to my taste)
1 tablespoon cumin
1/2 teaspoon cayenne pepper
Salt
6 garlic cloves, minced
2 pounds lean ground turkey (I used organic)
2 (15.5 ounces) cans dark red kidney beans, rinsed
1 (28-ounce) can diced tomatoes
1 (28-ounce) can tomato puree

Instructions

- 1.) Heat the oil in a large Dutch oven over medium heat until simmering. Add the onions, bell pepper, chili powder, cumin, cayenne, and 1/2 tsp. salt. Cook until vegetables have softened, about 7 minutes. Stir in the garlic and cook for 15 seconds.
- 2.) Add the turkey and increase heat to medium-high. Cook, breaking up turkey with a spoon, until no longer pink, about 10 minutes. Stir in beans, diced tomatoes with their juice, tomato puree, and 1/2 tsp salt. Bring to a simmer, cover, and cook for 45 minutes.
- 3.) Remove the lid and continue to simmer until the turkey is tender, about 45 minutes. Season with salt and pepper to taste before serving.

Nutritional information

Per serving:

212 calories

9 g fat

20 g protein

2 g fiber

Bean Burritos

You can either make these burritos yourself or put the ingredients on the table and let everyone build their own.

Yield 6 burritos

Time 15 minutes (once tortillas and beans are prepared)

Tools

- aluminum foil
- small saucepan
- wooden spoon
- several bowls and spoons
- plate

Ingredients

- 6 10-inch flour tortillas
- 2 c refried beans (canned ok) and/or black beans (soaked and cooked or canned, drained, and rinsed)
- 1 c cheddar or Monterey Jack cheese, grated (optional)
- 1-2 c lettuce, finely shredded
- 2-3 tomatoes, finely diced
- diced onion (optional)
- sour cream or vegan sour cream (optional)
- salsa (optional)

Directions **Wrap** tortillas in foil and keep warm in 400° oven while you prepare other ingredients. When ready to serve, transfer to a plate.
Add a bit of water to beans and heat on the stove, stirring occasionally.
If allowing everyone to make their own burritos, place each ingredient in its own bowl with a spoon and set on the table along with the plate of tortillas.
To make the burrito, spread beans down the center of a tortilla and, sprinkle with cheese and vegetables. Roll up and eat.

Notes Either add the sour cream and salsa inside the burrito, or serve on the side.

White Bean Soup With Greens

This southern Italian soup features white beans and healthy dark greens. Choose from great northern beans, cannelloni beans, or any other white bean you happen to have on hand.

Serves 6

Ingredients

1 1/2 pounds Swiss chard, escarole, or beet greens, trimmed & coarsely cut up
6 cups chicken or vegetable broth
1 clove garlic, crushed
1 cup cooked white beans
1/2 teaspoon salt
1/8 teaspoon ground pepper
Grated Parmesan cheese, for garnish
Red-pepper flakes, for garnish

Instructions

Bring a large pot of water to a boil over medium-high heat. Add the greens and cook for 7 minute, or until barely tender. Drain the greens, squeezing out as much water as possible. (This can be done several hours before cooking in the soup.)

Bring the broth to a simmer in a large pot over medium-high heat. Add the garlic and greens. If using canned white beans, place them in a strainer and rinse them under cold running water to remove excess sodium. Add the beans to the broth. Simmer gently, partially covered, for 10 minutes. Sprinkle with the salt and pepper to taste. (Do not add salt before soup has finished cooking, or it may become too salty.)

Ladle the soup into heated bowls. Pass the cheese and pepper flakes at the table.

Nutritional information

Per serving

79 calories

2 g fat (1 g sat)

12 g carbohydrate

6 g protein

4 g dietary fiber

1,008 mg sodium

0 mg cholesterol