



## EPISODE 11: Forecast: Chili!

### Tex-Mex Chili

2 lbs lean ground turkey	1 tsp ground cumin
1 tbsp olive oil	½ tsp dried oregano
16 oz. canned tomatoes (chopped)	½ tsp pepper
2 cups onion (chopped)	1 bay leaf
4 cloves garlic (chopped)	1 cup canned reduced-sodium kidney beans
¾ tsp salt	8 tbsp light sour cream
1 tbsp chili powder	8 tbsp sharp cheddar cheese (shredded)

### Directions:

*In a large sauté pan, brown turkey in oil, stirring frequently. Add undrained tomatoes, onions, garlic, salt, and remaining seasonings. Cover ingredients and let simmer for 30 minutes. Before serving remove bay leaf and garnish each bowl with one tablespoon of cheese and one tablespoon of light sour cream. Serves 8.*

Per serving: 300 calories, 25 grams protein, 15 grams fat (5 grams saturated), 100 mg cholesterol, 14 grams carbohydrate, 3 grams fiber, 510 mg sodium

### White Bean Chicken Chili

1 tbsp canola oil	2 cups canned white beans (drained, rinsed)
1 large onion (chopped)	28 oz. can crushed tomatoes
3 cloves garlic (minced)	14 oz. tomato sauce
1 large red bell pepper (chopped)	5 ½ oz. unsalted tomato paste
1 jalapenos (seeded, chopped)	¾ lb boneless skinless chicken breast (1-inch pieces)
1 tbsp ground cumin	1 cup frozen green beans
2 tsp ground coriander	2 tsp fresh cilantro (chopped)
½ tsp cayenne pepper	2 tbsp fresh lime juice
¼ tsp pepper	

### Directions:

*In a large saucepan or skillet, heat oil over medium heat. Sauté onion, garlic, peppers and dried seasonings over low heat for about 20 minutes. Add beans, tomatoes, tomato sauce, tomato paste, chicken, and green beans. Let simmer gently for 20 minutes. Before serving, add lime juice and fresh cilantro and stir gently. Serves 6.*

Per serving: 300 calories, 27 grams protein, 5 grams fat (1 gram saturated), 50 mg cholesterol, 38 grams carbohydrate, 12 grams fiber, 510 mg sodium