Turkey and White Bean Pumpkin Chili
Yields 6 servings
Serving size: ¾ cup

Ingredients:
● Cooking spray
● ½ pound lean ground turkey
● ¼ teaspoon olive oil
● ½ small onion, chopped
● ½ teaspoon minced garlic
● ½ teaspoon cumin powder
● ½ teaspoon chili powder, to taste
● 1 bay leaf
● ¼ teaspoon oregano, dried

● 1 (15 ounce) can low sodium, white northern or navy beans, rinsed and drained
● 7 ounce can pumpkin puree
● 2.25 ounces canned chopped green chilies
● 2 cups low sodium chicken broth
● 3 chopped scallions for topping
● Salt and pepper to taste
● 1 cup low fat plain Greek yogurt for topping at service

Directions:
• Heat a large heavy 3- quart pot (or electric skillet) over high heat and lightly spray with oil.
• Add meat and cook, breaking it up while, about 5 minutes.
• Add the olive oil to the pan, then onions and garlic, and sauté about 3-4 minutes; Add cumin, chili powder, bay leaves and oregano, sauté another minute
• Add beans, pumpkin puree, green chilies, broth,
• Simmer for 30 minutes to an hour.
• Remove bay leaves and adjust seasoning to taste before serving.
• Serve with 1- 2 Tbs yogurt on each portion. Top with chopped scallions.

Nutrition Information:
Calories: 130, Total Carbohydrate: 17 grams, Protein: 15 grams, Total Fat: 1 gram, Sodium: 86 milligrams