

## White and Black Bean Turkey Chili

This turkey chili is like goodness in a bowl! It's jam-packed with good-for-you ingredients: ground turkey, white and black beans, tomatoes and sweet potato. It's super satisfying (filled with fibre and protein) and gives long-lasting energy, but it's not heavy like some traditional chili recipes.

**Makes:** 6 to 8 servings

### Ingredients:

2 tbsp olive oil  
1 cup chopped onion (about 2 small)  
4 small cloves garlic, minced  
1 lb ground turkey  
2 tbsp chili powder  
2 tsp ground cumin  
1 tsp dried oregano  
½ tsp red chili pepper flakes (more if you like it spicy)  
4 cups no sodium chicken broth  
1 large sweet potato, peeled and chopped (2 if you like your chili chunky)  
1 cup no sodium diced tomatoes (with juice)  
1 540mL can white cannellini beans, drained and rinsed  
1 540mL can black beans, drained and rinsed  
Juice of ½ lime  
1 tsp each freshly ground salt and pepper  
Garnish suggestions: cilantro, salsa, sour cream, grated cheese, avocado, lime wedges, diced pickled jalapenos

### How To Make:

Heat oil in a large pot over medium-high heat. Add onion and sauté until starting to soften. Add garlic and stir for another minute.

Add in ground turkey, breaking up with back of wooden spoon. Cook for approximately 5-7 minutes until turkey is cooked through.

Add in chili powder, cumin, oregano, chili pepper, broth, sweet potato and diced tomatoes. Bring to a boil and then turn down heat to a simmer. Continue to cook, stirring occasionally, until sweet potato is tender, approximately 15 to 20 minutes.

Stir in beans, lime juice, salt and pepper; cook for another 10 minutes until beans are thoroughly heated. Adjust seasoning. Serve with preferred garnish toppings.