

white turkey and sausage chili

COOKING SEQUENCE

TOTAL TIME

40 minutes

MAKES 4

SERVINGS



APRON'S ADVICE

Complete your meal with pecan pie for dessert. Use fresh jalapeños instead of poblanos for a spicier chili.

SHOPPING LIST

Dairy

1 cup shredded Cheddar cheese

Dry Grocery

1 tsp ground cumin
2 (16-oz) cans navy beans
1 (14.5-oz) can reduced-sodium chicken broth

Meat

12 oz Italian chicken sausage (3 links)
2 cups cooked turkey breast

Produce

2 poblano peppers
2 small onions

From Your Pantry

1 tbsp canola oil
1 tsp chili powder
1/2 tsp dried oregano leaves
1/4 tsp pepper
1 cup whole milk

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INGREDIENTS

2 cups cooked turkey breast, coarsely chopped
12 oz Italian chicken sausage (3 links), casing removed
2 small onions, coarsely chopped
2 poblano peppers, coarsely chopped
1 cup shredded Cheddar cheese
2 (16-oz) cans navy beans, drained
1 (14.5-oz) can reduced-sodium chicken broth
1 teaspoon ground cumin
1 cup whole milk
1 tablespoon canola oil
1 teaspoon chili powder
1/2 teaspoon dried oregano leaves
1/4 teaspoon pepper

PREP

- Chop turkey, onions, and peppers.

STEPS

1. Preheat large stockpot on medium-high 2–3 minutes. Place oil in pan, then add peppers and onions; cook and stir 2–3 minutes or until tender.
2. Reduce heat to medium. Remove casing from sausage and add sausage to pan (wash hands); cook 5–6 minutes, stirring to crumble meat, or until sausage is brown and no pink remains.
3. Stir in cumin, chili powder, oregano, pepper, then beans and broth and bring to a boil. Reduce heat to low; cook and stir 10–12 minutes or until thickened.
4. Stir in turkey and milk; cook 2–3 minutes to blend flavors. Top with cheese and serve.

CALORIES (per 1/4 recipe) 550kcal; FAT 19g; CHOL 125mg; SODIUM 1840mg; CARB 43g; FIBER 9g; PROTEIN 52g; VIT A 25%; VIT C 240%; CALC 30%; IRON 30%



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