

White Turkey Chili

adapted from *Cook's Illustrated*, September 1, 2007

via email from America's Test Kitchen

Internet Address: <http://www.cooksillustrated.com/recipes/detail.asp?docid=8651&Extcode=L8MN4AA00>



Servings: 8

If Anaheim chiles cannot be found, use an additional poblano and an additional jalapeño. Serve chili with sour cream, tortilla chips, and lime wedges. Or with grated cheddar cheese and avocado cubes.

- 5 cups cooked turkey breast meat
- 1 tablespoon vegetable oil
- 3 medium jalapeños
- 3 whole poblano chiles, stemmed, seeded, and cut into large pieces
- 3 whole Anaheim chile peppers, stemmed, seeded, and cut into large pieces
- 2 medium onions, cut into large pieces (2 cups)
- 6 medium garlic cloves, minced or pressed through garlic press (about 2 tablespoons)
- 1 tablespoon ground cumin
- 1 1/2 teaspoons ground coriander
- 2 pounds canned cannellini beans (15 ounces each) drained and rinsed
- 3 cups low-sodium chicken broth
- 3 tablespoons fresh lime juice (from 2 to 3 limes)

GARNISHES:

- 1/4 cup fresh cilantro leaves, minced
- 4 whole scallions, white and light green parts sliced thin
- 1/2 cup light sour cream [my addition]
- 1 1/2 cups grated cheddar cheese [my addition]

1. Remove and discard ribs and seeds from jalapeños; mince flesh. In food processor, process half of poblano chiles, Anaheim chiles, and onions until consistency of chunky salsa, 10 to twelve 1-second pulses, scraping down sides of workbowl halfway through. Transfer mixture to medium bowl. Repeat with remaining poblano chiles, Anaheim chiles, and onions; combine with first batch (do not wash food processor blade or workbowl).
2. Add minced jalapeños, chile-onion mixture, garlic, cumin, coriander, and 1/4 teaspoon salt. Cover and cook, stirring occasionally, until vegetables soften, about 10 minutes. Remove pot from heat.
3. Transfer 1 cup cooked vegetable mixture to now-empty food processor workbowl. Add 1 cup beans and 1 cup broth and process until smooth, about 20 seconds. Add vegetable-bean mixture, remaining 2 cups broth. Bring to boil over medium-high heat. Reduce heat to medium-low and simmer, covered, stirring occasionally for 30 to 35 minutes.
4. Stir in remaining beans and continue to simmer, uncovered, until beans are heated through and chili has thickened slightly, about 10 minutes. Add cubed turkey and heat through. If mixture is too thick, add water (up to 2 cups) and reheat. Adjust seasoning. Stir in lime juice. Serve in soup bowls with garnishes of cilantro, scallions and grated cheese,

Per Serving (excluding unknown items): 231 Calories; 10g Fat (34.7% calories from fat); 31g Protein; 9g Carbohydrate; 2g Dietary Fiber; 65mg Cholesterol; 77mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1/2 Fat.

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>