

Southwestern Turkey Chili

Deer Valley Resort, Park City, Utah (Bon Appetit, 12/91)



2 cups black beans, rinsed and drained
10 cups water
1 teaspoon pepper
1 tablespoon unsalted butter
2 medium Anaheim chili peppers, seeded and chopped
2/3 cup red onion, chopped
2/3 cup celery, chopped
2/3 cup red bell pepper, chopped
1 large leek, chopped, white part
2 large garlic cloves, minced
2 tablespoons oregano, crumbled
1/4 cup flour
2 1/2 tablespoons chili powder
2 1/2 tablespoons ground cumin
2 tablespoons ground coriander
1 teaspoon salt
1/4 teaspoon sugar
4 1/2 cups chicken broth
2 1/4 cups corn, frozen, defrosted
4 cups turkey, cooked, diced
1/2 cup cheddar cheese, grated
1/2 cup red onion, minced
1/2 pint fat-free sour cream
1/2 cup cilantro, chopped

Servings: 12

I make this ahead because the flavor is enhanced. It's a standard use of leftover turkey from Thanksgiving. The original recipe used more butter and cheese, and served heartier portions.

1. Place black beans in large pot with enough cold water to cover by 3 inches and let soak overnight. Drain beans and return to pot. Add water and pepper and bring to boil. Reduce heat and simmer until beans are tender, stirring occasionally, about 1-1/2 hours. Drain beans.
2. Melt butter in large Teflon pan over medium heat. Add chiles, onion, celery, bell pepper, leek, garlic and oregano. Cook until vegetables soften, stirring occasionally, about 10 minutes. Reduce heat to low. Add flour, chili powder, cumin, coriander, salt and sugar and cook 5 minutes, stirring frequently. In a large stock pot add most of the chicken broth and bring to simmer, stirring frequently, then add all the mixture from the sauté pan. Puree half of the corn with remaining stock in food processor. Add puree to chili. Mix in black beans, turkey and remaining corn. Simmer chili 15 minutes, stirring occasionally. Can be prepared 1 day ahead. Cover and refrigerate; rewarm before serving. Add more broth or water if the chili is too thick.
3. Ladle chili into bowls. Serve, passing cheese, minced onion, sour cream and cilantro separately.

Per Serving (excluding unknown items): 336 Calories; 10g Fat (25.4% calories from fat); 27g Protein; 38g Carbohydrate; 8g Dietary Fiber; 52mg Cholesterol; 590mg Sodium. Exchanges: 2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.

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