

Souper Super Bowl Fixings

You don't have to participate in the snack food "eatathon" this super bowl Sunday. Instead, treat your guests to some delicious and healthy foods during the game. Make this chili the day before and simply reheat before kick-off.

Turkey and White Bean Chili

8 servings



- 1 pound lean ground turkey (or 90% lean ground beef)
- 1 tsp canola oil
- 1 medium onion, chopped
- 3 celery stalks, coarsely chopped
- 3 (15 oz) cans small white beans, rinsed and drained
- 2 (10 oz) cans chopped tomatoes with green chilis (such as Ro-Tel)
- 1 (8 oz) can tomato sauce
- 1 ½ TBSP Mexican seasoning (or 1 TBSP chili powder & 1 tsp ground cumin)

1) In a large heavy pot, cook ground turkey over medium-high heat until no longer pink (about 5 to 6 minutes). Remove turkey from pan, drain & set aside.

2) Heat oil in the same pot over medium heat; add onion & celery and cook until softened (about 4 minutes).

3) Add cooked turkey, beans, canned tomatoes and their juice, tomato sauce and seasonings to the pot. Bring the mixture to a boil; reduce heat and simmer uncovered for 20 minutes.

4) Pass around shredded jack cheese, sliced green onions & chopped cilantro as toppings.

Serve with assorted raw veggies, tossed green salad and baked tortilla chips (see the recipe for homemade chips at www.mnsu.edu/shs/healtheducation/bmc).



Nutrition information per serving of chili:

220 calories, 25 g protein, 30 g carbohydrate, 9 g fiber, 4 g fat

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