

Turkey and White Bean Chili (8 servings)



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

In a large heavy pot, cook turkey over medium-high heat until no longer pink (about 5 to 6 minutes). Remove turkey from pan, drain & set aside. Heat oil in the same pot over medium heat; add onion & celery and cook until softened (about 4 minutes). Add cooked turkey, beans, tomatoes with juice, tomato sauce and seasonings. Bring the mixture to a boil; reduce heat and simmer uncovered for 20 minutes. Sprinkle servings with shredded jack cheese, sliced green onions & chopped cilantro. Serve with warm corn tortillas and a tossed green salad.

Nutrition information per serving: 220 calories, 25 g protein, 30 g carbohydrate, 9 g fiber, 4 g fat

Italian Sausage Soup (8 servings)

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| 1 (12 oz) pkg Jimmy Dean 50% less fat sausage, thawed | 1 cup dry red wine |
| ½ tsp fennel seeds | 2 (14 ½ oz) cans Italian style chopped tomatoes |
| 1 TBSP olive oil | 3 medium zucchini, sliced thinly |
| 1 medium red onion, chopped | 3 medium carrots, sliced thinly |
| 2 cloves garlic, minced | 2 cups uncooked rainbow rotini |
| 3 (14 ½ oz) cans beef broth | 1 cup shredded Parmesan cheese |
| 2 cups water | |

In a large heavy pan, cook sausage and fennel seeds over medium-high heat until browned (about 6 - 8 minutes), breaking up sausage into bite-sized pieces. Remove sausage from pan, drain & set aside. Heat oil in pan over medium heat; add onion & garlic and sauté for 4 to 5 minutes. Add broth, water, wine, tomatoes with juice, zucchini and carrots. Bring to a boil; add pasta, reduce heat and simmer uncovered for 20 - 25 minutes or until carrots are tender. Add sausage and simmer an additional 10 minutes. Ladle soup into bowls & sprinkle with Parmesan cheese. Serve with crusty bread and fresh fruit.

Nutrition information per serving: 225 calories, 15 g protein, 20 g carbohydrate, 4 g fiber, 8 g fat