

CREATE YOUR CUSTOM GIFT JAR AND RECIPE TAGS IN A FEW EASY STEPS!

1. Cut around outside of red borders.
2. Roll and tie (or fold) each recipe card.
3. Attach recipe cards to jar with ribbon or string.
4. Tie or glue on gift tags and other small decorations such as ornaments or greenery.

how to make

Smoky White Bean Chili

Prep time: 5 min. | Total time: 9 hr. 20 min. | Serves: 8

- 1 Smoky White Bean Chili Gift Jar
- 2 tbsp (30 mL) olive oil
- 1 1/2 lb (750 g) lean ground turkey
- 3 cans (398 mL each) diced tomatoes
- 4 cups (1 L) water or reduced sodium chicken broth

Directions:

1. Open Smoky White Bean Chili Gift Jar. Set bagged spices aside. Pour bean mixture into colander; rinse under cold running water until water runs clear. Transfer to large bowl. Cover bean mixture with cold water; soak at room temperature at least 8 hr. or overnight. Drain and rinse.
2. Heat oil in Dutch oven or large saucepan set over medium-high heat. Cook ground turkey 3 to 5 min. until lightly browned. Add spices from bag; cook 1 min. until fragrant. Stir in drained bean mixture, tomatoes and water; bring to a boil. Reduce heat to medium-low.
3. Simmer, covered, 1 hr. until beans are tender. Remove cover and cook additional 10 to 15 min. until sauce is thickened.

Per serving (1/8 of the recipe): 320 calories, 10 g total fat, 1.5 g saturated fat, 34 g carbohydrates, 4 g sugar, 29 g protein, 80 mg cholesterol, 9 g fibre, 420 mg sodium



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