



## Turkey & White Bean Chili

6 servings

25 minutes

### Ingredients

- 2 tps Extra Virgin Olive Oil
- 1 Sweet Onion (medium, chopped)
- 4 Garlic (cloves, minced)
- 4 cups Chicken Broth
- 2 tps Cumin (ground)
- 3 Green Chili Pepper (seeds removed, optional)
- 1 lb Turkey Breast, Cooked (roughly chopped)
- 4 cups White Navy Beans (cooked)
- 3/4 cup Cream, Half & Half
- 2 tbsps Arrowroot Powder
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Heat the oil in a pot over medium-high heat. Cook the onions and garlic until soft, about five minutes.
- 2 Stir in the broth, cumin, green chilies (optional), turkey, and white beans. Bring to a boil, then lower to a simmer for 10 minutes.
- 3 In a bowl, stir together the arrowroot with a bit of the cream until dissolved. Stir the arrowroot slurry into the pot along with the remaining cream, salt, and pepper. Divide into bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days or freeze if longer.

**Serving Size:** One serving equals approximately two cups of chili.

**Dairy-Free:** Use coconut milk instead of cream.

**More Flavor:** Add oregano, cilantro, or jalapeños.

**Additional Toppings:** Top with avocado slices, green onion, or shredded cheese.

**No Arrowroot Powder:** Use cornstarch or tapioca starch instead.