

WHITE CHILI

1 T olive oil	4 c low-sodium chicken broth
1 med onion, diced (about 1 1/2 c)	3/4 tsp dried oregano
2 stalks celery, diced (about 1/2 c)	1 clove garlic, minced
3 med Poblano peppers, seeded, white ribs removed and finely diced (about 1 1/2 c)	1 tsp ground cumin
1/4 c nonfat plain Greek-style yogurt	salt to taste
1 lb ground white meat turkey	1/2 tsp ground coriander
2 15.5 oz cans white beans (cannellini, preferably low-sodium, drained & rinsed)	1/4 tsp cayenne papper, to taste
1 15 oz can hominy, drained & rinsed	2 T chopped fresh cilantro leaves
lime wedges	

Heat the oil in large pot or Dutch oven over medium heat. Add the onion, celery, Poblanos, and cook, stirring occasionally, until the vegetables are soft, about 8 minutes. Add the garlic, cumin, coriander and cayenne and cook, stirring, until fragrant, about 30 seconds.

Add ground turkey and cook, breaking up the meat with a spoon, until the meat is no longer pink, about 2 minutes. Add white beans, broth and oregano. Cook, partially covered, stirring occasionally, for 25 minutes.

Add hominy and salt and more cayenne pepper, to taste and continue cooking, partially covered, 10 minutes longer. Ladle into individual bowls and top each serving with 1 T of yogurt and 1 1/2 tsp of cilantro. Garnish with a lime wedge.

Serves 10-12.