

# White Chili with Ground Turkey

If you're not particularly comfortable cooking, see the notes at the bottom of the document for a few more potentially helpful tips...

## Ingredients:

### Group 1:

- 1 onion, chopped
- 3 cloves garlic, minced
- 1.5 lbs. ground turkey

### Group 2:

- 2 4-oz cans chopped green chili peppers
- 1 Tbsp cumin
- 1 Tbsp dried oregano
- 1 tsp cinnamon
- 1 pinch cayenne pepper
- 1 pinch white pepper

### Group 3:

- 1 15-oz can cannellini beans
- 1 cup chicken broth

### Group 4:

- 2 15-oz cans cannellini beans
- 4 cups chicken broth

## Directions:

1. Add Group 1 to a pot over medium heat for about 10 minutes (stirring until the turkey is browned).
2. Add Group 2 to the pot, stir, and cook for 3-5 more minutes.
3. Puree Group 3 in a food processor or blender.
4. Add Groups 3 & 4 to the pot, bring to a simmer, and serve.

**Serves 4 people.**

## Notes for beginner chefs:

1. The ingredient list above is a bit different than what you'll typically find in a recipe book, online, etc. The original recipe didn't come this way... I re-wrote it to make the process simpler to follow. If you seek out new recipes, I encourage you to spend a little time doing the same before making the recipe for the first time. Not only will you become more familiar with the recipe before the ingredients and stove are staring you in the face, but you'll also find that the cooking process takes less time *every single time* that you choose to make it.
2. Group 1
  - a. Cut the onion any which way. The pieces do not need to be any particular size.

- b. You can buy jars of pre-minced garlic to make this easier. Three cloves equate to about 1.5 teaspoons.
- 3. Group 2
  - a. Tbsp = tablespoon
  - b. tsp = teaspoon (if you're curious—or if you have minimal measuring instruments in your kitchen—there are 3 teaspoons in 1 tablespoon)
  - c. Pinch = literally, the amount that can be taken between the thumb and forefinger. If you're looking for something more precise, it's officially 1/16 of a teaspoon. Since you probably don't have any measuring instrument that small, just sprinkle a little bit into the pot. Alternatively, if you're not a fan of anything "spicy/hot", you can just skip the two ingredients that have this measurement.
- 4. Group 3 & 4
  - a. Yes, these are the same ingredients. They're just broken into two separate groups to reduce the math (from the original recipe) and make it easier to see that something different needs to be done with each group. (See Step 3 in the directions section.)
  - b. Navy (or any other white) beans can be substituted for cannellini beans.