Turkey and White Bean



Ingredients

- 1 pound ground turkey 1 teaspoon canola oil 1 medium onion, chopped 3 celery stalks, chopped 3 (15 ounce) cans small white beans, rinsed and drained
- 2 (10 ounce) cans chopped tomatoes with green chilies 1 (8 ounce) can tomato sauce 1 1/2 tablespoons Mexican seasoning (or 1 Tablespoon chili powder & 1 teaspoon ground cumin)



Makes 8 servings

Directions

- 1. In a large heavy pot, cook ground turkey over medium-high heat until no longer pink (about 5 to 6 minutes). Remove turkey from pan, drain & set aside.
- 2. Heat oil in the same pot over medium heat; add onion & celery and cook until softened (about 4 minutes).
- 3. Add cooked turkey, beans, canned tomatoes and their juice, tomato sauce and seasonings to the pot. Bring the mixture to a boil; reduce heat and simmer uncovered for 20 minutes.
- 4. Top each serving with shredded jack cheese, sliced green onions & chopped cilantro as desired.