

Southwestern Turkey Chili



Nutrition Facts

Per serving (175 mL/6 oz)

Amount Per Serving

Calories 183 Calories from Fat 19
% Daily Value

Fat 2 g **3%**

Saturated Fat 1 g **3%**

Trans Fat 0 g

Polyunsaturated Fat 1 g

Monounsaturated Fat 1 g

Cholesterol 33 g **11%**

Sodium 592 mg **25%**

Total Carbohydrate 26 g **9%**

Dietary Fibre 5 g 21%

Sugars 0 g

Protein 15 g

Vitamin A 68% Vitamin C 23%

Calcium 6% Iron 18%

Thiamin 11% Riboflavin 11%

Niacin 19% Vitamin B6 25%

Folate 16% Vitamin B12 2%

Phosphorous 18% Zinc 13%



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STEP INSTRUCTIONS

- 1 Soak white beans in water overnight. Water should be double the height of the beans. Drain water and rinse on day of production. Boil white beans and lentils in water until soft. Drain, do not save liquid.
- 2 Cook ground turkey until internal temperature reaches 70°C (158°F). Drain.
- 3 Add crushed tomatoes, tomato soup, and vinegar to cooked ground turkey. Heat until boiling.
- 4 Drain and rinse kidney beans and chickpeas. Add all ingredients from Step 4 in order listed. Add softened beans and lentils and simmer until vegetables, beans and lentils are tender – approximately 40-50 minutes.
- 5 Combine corn starch with tomato juice and add to Southwestern Turkey Chili. Bring to a boil and simmer until starch is fully cooked, approximately 10 minutes.

NOTES:

Substitution of fresh vegetables for dehydrated or frozen vegetables may occur. Liquid volume may need to be adjusted.

If freezing choose a thickener with good freezer / thaw stability.

Substitution of pulses may occur. Prepare pulses as recommended on pages 9 and 10 of the Pulse Potential manual.

Re-heat to 74°C (165°F) in a steam jacketed kettle or covered insert in steamer.

Please Note: In the 50 servings column the cups, tbsp, and tsp measures are rounded for convenience. Please refer to the bracketed amounts for a closer representation of the nutrition panel.

NUMBER OF SERVINGS

STEP	INGREDIENTS	50	100	250	500
1	White Beans, Dry	¾ cup (150 g)	300 g	745 g	1.5 kg
	Green Lentils, Whole, Dry	¾ cup (150 g)	300 g	745 g	1.5 kg
2	Ground Turkey, Raw	5 ⅛ lbs (2.3 kg)	5 kg	12 kg	24 kg
	Tomatoes, Canned, Crushed	5 cups (1.3 L)	2.84 L	5.68 L	11.36 L
	Soup, Tomato, Canned	11 cups (2.72 L)	4.8 L	12.24 L	24.48 L
	White Vinegar	½ cup (110 mL)	225 ml	570 mL	1.135 L
4	Celery, Frozen, Diced	5 cups (500 g)	1 kg	3 kg	6 kg
	Carrots, Frozen, Diced	4 cups (500 g)	1 kg	3 kg	6 kg
	Corn, Frozen	4 cups (500 g)	1 kg	3 kg	6 kg
	Green Peppers, Frozen, Diced	2 cups (300 g)	600 g	1.5 kg	3 kg
	Red Kidney Beans, Canned	2 ½ cups (630 mL)	1.3 L	2.84 L	5.68 L
	Chickpeas, Canned	2 ½ cups (630 mL)	1.3 L	2.84 L	5.68 L
	Mushrooms, Canned, Stems & Pieces	1 ⅔ cups (420 mL)	850 mL	2 L	5.68 L
	Onions, Dried	⅔ cup (49 g)	98 g	245 g	490 g
5	White Sugar	1/3 cup (75 g)	155 g	390 g	775 g
	Chili Powder	½ cup (70 g)	140 g	350 g	705 g
	Parsley, Dried	¼ cup (5 g)	9 g	23 g	45 g
	Ground Allspice	½ tsp (1 g)	2 g	5 g	10 g
	Ground Black Pepper	1 ½ tsp (2 g)	5 g	13 g	25 g
5	Corn Starch (thickener)	½ cup (74 g)	148 g	370 g	740 g
	Tomato Juice, Canned	7 cups (1.7 L)	2.84 L	8.52 L	17.04 L

