

White Chili

2/3 cup	yellow cornmeal, roasted
1	turkey breast or 2 chicken breasts
2 tsp	chili powder
2 tsp	cumin
1 tsp	cinnamon
1 tsp	oregano
1 tsp	olive oil
1	onion, finely chopped
1	roasted pepper (green, yellow, or red), finely chopped
3	garlic cloves, minced
½ tsp	white pepper
½ tsp	black pepper
1/8 tsp	crushed chili peppers (optional)
1/8 tsp	cayenne (optional)
1	chipolte pepper (optional), finely chopped
6 cups	low sodium turkey or chicken broth
2 cans	(19 oz/540 mL) white kidney beans

- In a medium frying pan, roast yellow cornmeal over medium-low heat for 10-15 minutes until slightly brown, put aside.
- Remove bones and skin from turkey breast (use bones to prepare turkey stock).
- Cut turkey breast into large cubes and season with chili powder (1 tsp), cumin (1 tsp), cinnamon (1/2 tsp) and oregano (1/2 tsp).
- In a large saucepan, heat oil over medium heat; cook onion, roasted red pepper, garlic and the remaining chili powder, cumin, cinnamon and oregano, stirring occasionally, for 5 minutes or until softened.
- Add turkey, white pepper, black pepper, and optional ingredients (crushed chili peppers, cayenne, chipolte pepper) according to how spicy you like your chili and cook until meat is no longer pink.
- Add in cornmeal and broth, simmer 10 minutes.
- Stir in white kidney beans and bring to a boil to heat through.
- Serve with brown rice. Makes 6 servings.

Note: If using leftover cooked turkey; omit step 2 and 3, add cooked turkey when adding kidney beans.

Recipe by Gary Barone