

White Turkey Chili with Avocado



INGREDIENTS:

2 tablespoons olive oil
1 onion, diced
4 garlic cloves, minced
1 pound ground turkey
2 teaspoons ground cumin
1 teaspoon ground coriander
1 teaspoon cayenne
4 cups of chicken broth
1 avocado, diced
1 15-oz can of white beans
1 15-oz can of corn
Salt and pepper to taste

DIRECTIONS:

1. In a large stock pot, heat the olive oil over medium heat.
2. Add diced onion and sauté approximately 6-8 minutes, until translucent. Add garlic and cook one more minute.
3. Add the ground turkey and cook approximately 5-7 minutes, until browned and cooked through.
4. Add salt, pepper, ground cumin, ground coriander and cayenne for 1-2 minutes, stirring into the onions, garlic and ground turkey.
5. Stir in the chicken broth and bring to a boil. Then reduce to a simmer on low heat for 30-40 minutes.
6. Stir in corn and beans and simmer for 2-3 minutes.
7. Ladle servings into a bowl. Top with diced avocado and your favorite toppings such as cheese, sliced jalapeño, or tortilla chips. Enjoy!

Source: purewow.com

