

## DIABETIC RECIPE OF THE MONTH — OCTOBER 2006

### Turkey Chili

⅔ cup chopped sweet onion	1 (15 oz.) can solid pack pumpkin
½ cup chopped green pepper	1 (15 oz.) can crushed tomatoes
1 ½ teaspoons dried oregano	1 (14.5 oz.) can reduced sodium chicken broth
2 garlic cloves, minced	½ cup water
1 teaspoon ground cumin	2 tablespoons brown sugar
1 teaspoon olive oil	2 tablespoons chili powder
1 (16 oz.) can kidney beans, rinsed and drained	½ teaspoon pepper
1 (15.5 oz.) can great northern beans, rinsed and drained	3 cups cooked turkey breast

In a large saucepan, sauté the onion, green pepper, oregano, garlic, and cumin in oil until vegetables are tender. Stir in the beans, pumpkin, tomatoes, broth, water, brown sugar, chili powder, and pepper; bring to a boil. Reduce heat; cover and simmer for one hour. Add turkey; heat through. **YIELD:** 8 servings

**Nutritional Analysis:** 1 serving = cal 241, fat 2 g (trace sat fat); chol 45 mg; sodium 478 mg; carbs 32 g (fiber 10 g); pro 25 g. Exchanges: 3 very lean meat, 1 ½ starch, 1 vegetable