White Chili with Turkey, Corn and Beans

INGREDIENTS:

1 Tbsp. oil
¼ c. onion, chopped (or 1 Tbsp. dried onion)
1 c. celery, cooked
4 c. cooked turkey, chopped
2 (15.5-ounce) cans Great Northern beans, drained and rinsed (or other white beans)
2 c. frozen corn
1 (4-ounce) can chopped green chilies
4 c. turkey or chicken broth (plus extra to adjust thickness)
1 to 2 tsp. ground cumin (to taste)
Shredded mozzarella cheese (optional)

DIRECTIONS:

Heat oil in a skillet over medium heat. Add onion and celery; cook and stir two to three minutes. Place all ingredients in a large saucepan (at least 4 quarts). Stir well. Cover and cook about 15 minutes over medium heat, stirring occasionally until thoroughly heated. Sprinkle mozzarella cheese on top, if desired.

NUTRITION:

Makes 8 servings.
Each serving has 250 calories, 3.5 grams (g) fat, 27 g protein, 26 g carbohydrate, 7 g fiber, and 330 milligrams (mg) sodium.