

White Bean and Turkey Pumpkin Chili

Yield: 8 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/post-thanksgiving-turkey-soup-recipe>

Ingredients:

- 3 tablespoons extra virgin olive oil
- 1 cup white onion finely chopped
- 1 cup carrots diced
- 1 cup celery diced
- 2 teaspoons minced garlic
- 3 cups turkey cooked shredded, or chicken
- 32 ounces reduced sodium chicken broth
- 15 ounces pumpkin puree can
- 1/4 cup heavy cream optional
- 30 ounces white beans drained
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper freshly
- 1/4 teaspoon garlic salt Lawry's
- 2 teaspoons ground cumin

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 40 milligrams
4. Fat: 12 grams
5. Fiber: 8 grams
6. Protein: 17 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 600 milligrams
9. Sugar: 3 grams

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