



GREEN TURKEY CHILLI, WITH MUSHROOM & WHITE BEANS ON 'NOODLES' – LOW CARB VERSION

INGREDIENT	QUANTITY	CALS (g)	PROT. (g)	CARBS (g)	FATS (g)
GROUND TURKEY (EXTRA LEAN)	900g / 2lb	1374	172	0	66
CREMINI MUSHROOMS	900g (2 packages)	198	22	37	1
WHITE KIDNEY BEANS	1 x 540 ml cans	388	28	78	2
CHICKEN STOCK	900 ml	36	4	4	0
ONION	1, medium sized	60	1	16	0
GARLIC	3 cloves	9	0.5	2	0
ANAHEIM CHILIES	2	136	7	34	0.5
POBLANO PEPPERS	2	180	9	30	0.5
OLIVE OIL	1 tbsp	120	0	0	13.5
ZUCCHINI	8 LARGE	430	31	90	8
BATCH TOTAL CALS & MACROS		CALS (g)	PROT. (g)	CARBS (g)	FATS (g)
		4870	362.5	757	100.5
PER SERVING TOTAL CALS & MACROS	#OF SERVINGS	CALS (g)	PROT. (g)	CARBS (g)	FATS (g)
	6	488.50	45.80	48.57	15.30
	7	418.71	39.26	41.63	13.11
	8	366.38	34.35	36.43	11.48
MACRO RATIO			35%	35%	30%

INTRUCTIONS

STEP 1: PRE-HEAT YOUR OVEN ON BROILER SETTING, PLACE POBLANO PEPPERS & ANAHEIM PEPPERS ON BAKING SHEET AND BROIL FOR 5 MIN PER SIDE. SET ASIDE TO COOL. ONCE COOLED, CUT OPEN & DISCARD SEEDS. CHOP UP 1 OF EACH, SET OTHER TWO ASIDE.

STEP 2: DRAIN AND RINSE THE BEANS, POUR ½ OF THE BEANS INTO BLENDER OR FOOD PROCESSOR. ADD THE UNCHOPPED ANAHEIM PEPPER & ANCHO CHILI FROM STEP 1. ADD 1/2 OF THE CHICKEN STOCK. PUREE UNTIL SMOOTH.

STEP 3: CHOP ONIONS & MUSHROOMS TO DESIRED CONSISTENCY. MINCE GARLIC

STEP 4: IN A LARGE STOCK POT (MED-HIGH HEAT), HEAT 1 TBSP OF OLIVE OIL, ADD ONIONS, GARLIC, MUSHROOMS AND YOUR FAVOURITE SPICES (I USED 1 TBSP OF CUMIN, A HANDFULL OF CHOPPED FRESH OREGANO, SALT & PEPPER). SAUTEE A FEW MINUTES UNTIL ONIONS AND MUSHROOMS SOFTEN. ADD GROUND TURKEY AND SAUTEE UNTIL BROWNED.

STEP 5: ADD THE REMAINING KIDNEY BEANS, BEAN/PEPPER/CHILI PUREE, CHOPPED PEPPER/CHILI, AND THE CHICKEN STOCK TO THE POT. STIR OCCASIONALLY UNTIL MIXTURE COMES TO A BOIL. REDUCE HEAT TO LOW AND SIMMER, PARTIALLY COVERED, FOR 2-3 HOURS, STIRRING OCCASIONALLY.

STEP 6: SPIRALIZE ZUCCHINI AND DIVIDE INTO 4 PORTIONS. HEAT 1/2 TSP OLIVE OIL IN A MEDIUM SIZED SKILLET ON MED-HIGH, ADD 1 CLOVE MINCED GARLIC AND SAUTEE TILL FRAGRANT. ADD 1 PORTION OF ZUCCHINI NOODLES, TOSS IN OIL & GARLIC UNTIL SLIGHTLY SOFTENED (1-2 MIN), SET ASIDE. REPEAT FOR REMAINING 3 BATCHES OF ZUCCHINI, ADDING 1/2 TBSP OLIVE OIL PER BATCH.

STEP 7: PORTION OUT ZOODLES AND TOP WITH PORTIONED SERVIINGS OF CHILLI.