

GREEN TURKEY CHILLI, WITH MUSHROOM & WHITE BEANS ON 'NOODLES' – LOW CARB VERSION				
QUANTITY	CALS (g)	PROT. (g)	CARBS (g)	FATS (g)
900g / 2lb	1374	172	0	66
900g (2 packges)	198	22	37	1
1 x 540 ml cans	388	28	78	2
900 ml	36	4	4	0
1, medium sized	60	1	16	0
3 cloves	9	0.5	2	0
2	136	7	34	0.5
2	180	9	30	0.5
1 tbsp	120	0	0	13.5
8 LARGE	430	31	90	8
BATCH TOTAL CALS & MACROS		PROT. (g)	CARBS (g)	FATS (g)
DATER TOTAL CALS & WACKS	4870	362.5	757	100.5
#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%
	QUANTITY 900g / 2lb 900g (2 packges) 1 x 540 ml cans 900 ml 1, medium sized 3 cloves 2 2 1 tbsp 8 LARGE ACROS #OF SERVINGS 6 7 8	QUANTITY     CALS (g)       900g / 2lb     1374       900g (2 packges)     198       1 x 540 ml cans     388       900 ml     36       1, medium sized     60       3 cloves     9       2     136       2     180       1 tbsp     120       8 LARGE     430       CALS (g)     4870       #OF SERVINGS     CALS (g)       6     488.50       7     418.71       8     366.38	QUANTITY     CALS (g)     PROT. (g)       900g / 2lb     1374     172       900g (2 packges)     198     22       1 x 540 ml cans     388     28       900 ml     36     4       1, medium sized     60     1       3 cloves     9     0.5       2     136     7       2     180     9       1 tbsp     120     0       8 LARGE     430     31       CALS (g)     PROT. (g)       4870     362.5       488.50     45.80       7     418.71     39.26       8     366.38     34.35	QUANTITY         CALS (g)         PROT. (g)         CARBS (g)           900g / 2lb         1374         172         0           900g (2 packges)         198         22         37           1 x 540 ml cans         388         28         78           900 ml         36         4         4           1, medium sized         60         1         16           3 cloves         9         0.5         2           2         136         7         34           2         180         9         30           1 tbsp         120         0         0           8 LARGE         430         31         90           ACROS         CALS (g)         PROT. (g)         CARBS (g)           4870         362.5         757           #OF SERVINGS         CALS (g)         PROT. (g)         CARBS (g)           48.57         418.71         39.26         41.63           7         418.71         39.26         41.63           8         366.38         34.35         36.43

## 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 MIXUTRE 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.