

## Crockpot Turkey White Bean Chili Recipe ? Now ZERO Points



I originally created this recipe this Fall while I was beta-testing the new Weight Watchers Freestyle program, and I'm so excited to share: it's now ZERO POINTS per serving! Woo hoo!

**?Soup-er Sunday?** is like **?Meatless Monday?** or **?Taco Tuesday?** ? a theme day that encourages me to cook a specific type of food. I find these themes are a great way for me to keep my menus fresh and new because I'm constantly evolving the recipes or my flavor profiles.

My first **?Soup-er Sunday?** recipe is a **Turkey White Bean Chili** we made in the crockpot. It was spicy and super filling ? with 31 grams of protein it better be! The heat of the raw poblano married really nicely with the salsa verde, and doing a chunky blend of the beans allowed the soup to get creamy without any oil, butter or cream!

Check it out:



**Slow-Cooker Turkey White Chili**

Servings: 6  
Calories Per Serving: 252.7  
Weight Watcher Points: 0

**Ingredients:**

Amount	Ingredients
2 cups	Yellow Onion, chopped
1 cup	Fresh Poblano Pepper, chopped and seeded
4 cloves	Garlic, diced
16oz	Salsa Verde (jarred)
32 oz	Fat-free Chicken Stock
16oz	Turkey breast tenderloins
2 cans	Cannellini Beans, rinsed and drained
2tsp	Chili Powder
	Salt & Pepper to taste

**Directions:**

1. Combine onion, poblano, garlic with salsa verde and chicken stock in crock pot.
2. Season turkey tenderloins with salt & pepper, dust with chili powder. Add to crockpot.
3. Cook on high for 4 hours.
4. Remove turkey, shred and set aside.
5. Add one can of white beans, drained and rinsed.
6. Use a stick blender to blend until chunky.
7. Add other can of white beans, drained and rinsed.
8. Add turkey back to crockpot. Cook for 1 hour on high.
9. Add salt & pepper to taste.

I've used SparkRecipes to calculate the Nutritional Info:

**Nutrition Facts**

6 Servings

Amount Per Serving	
<b>Calories</b>	252.7
<b>Total Fat</b>	0.6 g
Saturated Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
<b>Cholesterol</b>	46.7 mg
<b>Sodium</b>	1,244.8 mg
<b>Potassium</b>	451.8 mg
<b>Total Carbohydrate</b>	34.8 g
Dietary Fiber	9.3 g
Sugars	3.5 g
<b>Protein</b>	31.1 g

What do you think? What do you add to your white chili recipes?