

White Bean Chili

White bean chili is on the menu. You'll get a kick out of this delicious and unique chili. I'm offering it as a weekend entree. A specially seasoned "Red Swirl" will add a decorative appeal while providing an extra chili kick.

Try cooking your own beans. It's simple and the flavor's wonderful.

See Tips and Time Savers: Cooking Beans and Whole Grains for Better Nutrition

Assemble the soup early in the day and let it rest for at least an hour.

Preparation time: 2-3 hours - Servings: 4-6

Organize Your Ingredients!

Notes on Organizing

When making soup, it's to your advantage to thoroughly organize and prep all ingredients before you start. There are a total of 4 cloves of chopped garlic in today's meal: 3 cloves in the chili and 1 clove in the Red Swirl. You'll also need a total of 2-1/2 C. milk.

White Bean Chili

1 tsp. olive oil
8 oz. plant-based Chick'n
1/4 C. white wine
- or -
1 tsp. olive oil
1/2 lb. raw turkey breast fillet (cubed)
1/2 C. white wine

1 tsp olive oil
3 cloves garlic (smashed and chopped)
1 C. celery (chopped)
2 -1/2 C. yellow onion (chopped)
1-1/2 C. green bell pepper (chopped)
1-1/2 C. red bell pepper (chopped)

4 C. low-sodium vegetable broth
2 T. dried oregano leaves
1 tsp. ground white pepper
2 tsp. ground cumin
1/2 tsp. ground cloves
4 C. cooked white beans (or rinsed canned beans)
1-1/2 C. nonfat milk
1/4 C. unbleached flour
shaken to a thin paste with
1 C. nonfat milk

Red Swirl

one 8 oz. can tomato sauce
2 T. chili powder
1/2 tsp. ground cumin
1/4 tsp. cayenne pepper (or to taste)
1 clove garlic (smashed and chopped)
1 tsp. granulated sugar

Additional Items

Fixings for a green salad

1 loaf Artisan bread

2 cups plain, nonfat yogurt

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Once assembled, the flavors of this soup will mature if allowed to rest for at least an hour.

The Red Swirl can be set on the table for diners to add to their bowls or placed in each bowl for a nice presentation.

White Chili

1. If using a plant-based option, brown strips in olive oil. Add white wine and toss until wine disappears. Allow to cool and cut into cubes. Set aside.
2. If using turkey breast, brown cubed turkey with olive oil. When well browned, add 1/2 cup white wine. Use a spatula to rub the pan to bring up brownings. Set aside.
3. Using a large soup kettle, toss garlic, celery, onion and peppers in olive oil until onions begin to brown. Add 4 C. broth, and spices. Reduce heat to low and cook 1/2 hour.
4. Add 4 C. cooked white beans, browned meat and 1-1/2 C. milk. Return to a boil. Slowly add flour mixture to boiling chili, stirring constantly. When it begins to thicken reduce heat to low and cook, uncovered, 10 min.
5. Remove soup from burner and allow to rest for at least an hour.

Red Swirl

Mix "Red Swirl" ingredients in a small sauce pan. Bring to a boil, and reduce heat to low. Cover, and cook for 5 minutes. Let stand until you're ready to dine.

Finish the Meal and Serve

1. One half hour before you wish to dine, rewarm soup on low heat.
2. Wrap bread in foil and place in a 200° oven to warm.
3. Make salads on individual plates or in a large bowl.
4. When ready to serve meal, remove kettle from heat and stir in yogurt. Do not return soup to a boil once yogurt is added.
5. Serve in individual bowls with "Red Swirl" on top of each bowl. Start with 1 tsp. of swirl in each bowl and place the rest in a serving bowl for diners to add if they wish.

What I've Learned from this Recipe

Bean soups are even more flavorful when you cook your own beans. That is why I've made notes on Saturday to soak dried beans for cooking. Once beans are soaked, they'll cook nicely in 1-2 hours.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com