

W H I T E T U R K E Y C H I L I

547 calories per serving

Serves 5

Ingredients:

- 1 lb ground turkey
- 2 cups riced cauliflower (frozen, thawed)
- 2 Tbsp. Butter
- 1/2 onion, diced
- 1 tsp. Garlic Powder
- 2 cups heavy cream
- 1 1/2 tsp. mustard powder
- 1 tsp. thyme
- 1 tsp. celery salt
- Salt and Pepper to taste



Instructions:

1. Heat butter in a large pot. Saute onion for 2-3 minutes until beginning to soften.
2. Add ground turkey and cook until browned.
3. Add riced cauliflower, seasonings, and heavy cream, and bring to a simmer. Cook for 5-8 minutes and serve.
4. Top with cheddar cheese, if desired (not calculated in total calories).