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Jay House Sr. Vice President, Commercial Lender
(806) 794-2265



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STATE BANK**
AND TRUST COMPANY

"I appreciate the tools and support that Happy State Bank gives me in order to develop and service client relationships." - Jay House

Jay is a Lubbock native and a graduate of Texas Tech University earning a Bachelor's of Business Administration in Finance and a Master's of Business Administration. He works in our newest location in Lubbock as a commercial lender with an emphasis on commercial real estate. He is married to Page and they have two daughters; Jocelyn Clair, 7 years old, and Harper Jayne, 6 years old.

Jay House's Crock Pot Turkey White Bean Pumpkin Chili

2 lbs 99% lean ground turkey
½ tsp olive oil
1 small onion, chopped
3 garlic cloves, minced
1 tsp of chili powder and oregano
2 bay leaves
2 tsp cumin
2 (15oz cans) white northern or navy beans
(I prefer Goya) rinsed and drained
15oz can pumpkin puree (not pumpkin pie filling)
4.5oz canned chopped green chile
2 cups low sodium, fat free chicken broth

Heat a large heavy sauté pan over high heat and lightly spray with oil. Add meat and cook, breaking it up until white, about 5 minutes. Add to crock pot. Add oil to the sauté pan, then onions, garlic, sauté about 3 – 4 minutes; add cumin and sauté another minute. Add to crock pot. Add beans, pumpkin puree, green chilies, broth, chili powder, oregano, and bay leaves. Cover and cook on high for 4 hours or low for 8 hours.

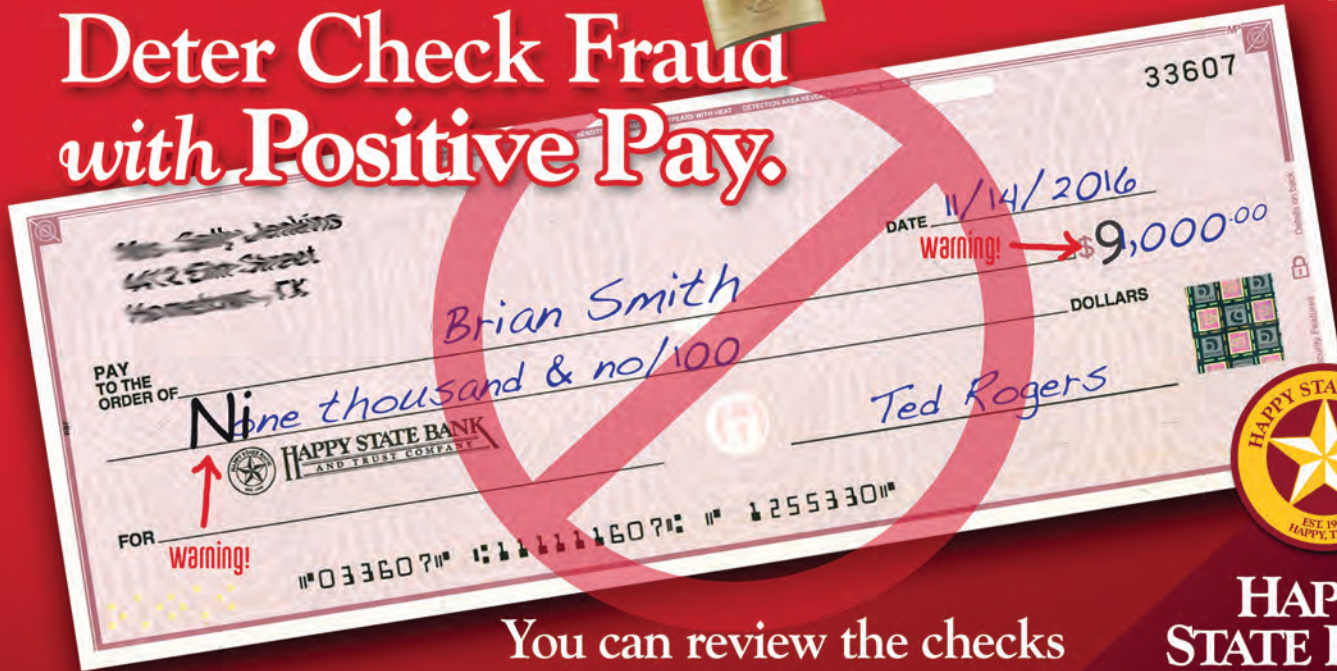
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