

PUMPKIN CHILI

Adding pumpkin puree to chili adds a subtle note of sweetness and creaminess as well as a good dose of Vitamin A and fiber. Your family will love this fall chili with a twist!

Prep and Cook Time- 50 minutes

Serving size- 1 ½ cups

Ingredients

- 2 pounds lean ground beef (90%) or turkey
 - 1 large sweet onion, peeled and chopped small
 - 1 large red bell pepper, seeded and chopped medium
 - 3 garlic cloves, minced
 - 1 (15-ounce) can 100% pumpkin puree
 - 1 (15-ounce) can diced tomatoes, no salt added
 - 1 (15-ounce) can no salt added kidney beans, drained
 - 1 (15-ounce) can no salt added chickpeas, drained
 - 32 ounces low sodium chicken broth
 - 2 ½ tablespoons hot or mild chili powder
 - 1 tablespoon ground cumin
 - 1 teaspoon salt
 - 1 teaspoon ground cinnamon
- Optional toppings: light sour cream, cilantro, red onion



Instructions

1. Place a large pot over medium heat. Add the ground meat and break into small pieces with a wooden spoon. Add the chopped onion and bell pepper. Cook until the meat is browned and the onions are soft. Add garlic and sauté until fragrant, about 30 seconds.
2. Pour the pumpkin puree, tomatoes, beans, chickpeas and chicken broth into the pot. Add the chili powder, cumin, salt and cinnamon. Stir well.
3. Simmer for at least 30 minutes on medium-low heat, stirring occasionally. Serve warm with optional toppings.

Nutrition Facts	
8 servings per container	
Serving size 1.5 cups (180g)	
Amount Per Serving	
Calories 390	
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 480mg	21%
Total Carbohydrate 37g	13%
Dietary Fiber 11g	39%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 33g	
Vitamin D 0.4mcg	2%
Calcium 130mg	10%
Iron 4mg	20%
Potassium 580mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from aspicyperspective.com