

Pumpkin Chili

Serves 6; 1 cup per serving

Prep Time: 5 min Cook time: 40 min

INGREDIENTS

2 medium zucchini
1 small yellow onion
2 cloves garlic
1 (15oz) can kidney beans
2 Tablespoons canola oil
1 (14.5oz) can diced tomatoes, no salt added
1 (15oz) can pumpkin puree
1 cup water
1 Tablespoon chili powder
1 teaspoon ground cumin
1 teaspoon salt
½ teaspoon ground black pepper

DIRECTIONS

1. Rinse zucchini. Peel onion and garlic.
2. Chop zucchini and onion. Mince garlic.
3. In a colander, rinse and drain beans.
4. Heat oil in a large pot over medium-high heat.
5. Add onions. Cook, stirring frequently, until tender, about 5 minutes.
6. Add zucchini. Cook for 3 minutes.
7. Add garlic. Cook for 2 minutes.
8. Add tomatoes and their juices, pumpkin, water, chili powder, cumin, salt, and pepper. Bring to boil.
9. Reduce heat to low. Add beans.
10. Cover and cook, stirring occasionally, about 30 minutes. Serve hot.

Chef's Notes

- Try serving with brown rice or whole grain cornbread.
- Use whatever kind of veggies you like or have on hand. Try carrots, celery, spinach, or kale.
- Consider doubling the recipe and freezing some for later.

NUTRITION FACTS per serving

Calories 160; Calories from Fat 50; Total Fat 5g; Saturated Fat 0g; Cholesterol 0mg; Sodium 500mg; Total Carbohydrates 23g; Dietary Fiber 8g; Protein 7g;