



Pumpkin Chili

Prep Time: 15-20 minutes
Cook Time: 45 minutes
Yield: 6-8 servings

INGREDIENTS

1 *tbsp* olive oil
1 *medium* onion, *diced*
3 *garlic* cloves, *minced*
1 *bell* pepper, *diced*
1 *lb* ground turkey or beef (optional)
1 (15 oz) can pumpkin puree
1 (15 oz) can diced tomatoes
1 (15 oz) can black beans, drained and rinsed
1 (15 oz) can kidney beans, drained and rinsed
2 cups vegetable or chicken broth
1 *tbsp* chili powder
1 *tsp* cumin
1 *tsp* smoked paprika
1/2 *tsp* cinnamon (optional)
Salt and pepper to taste
Roasted pumpkin seeds (optional, for garnish)

DIRECTIONS

1. Heat olive oil in a large pot over medium heat. Add diced onion and garlic, sauté until soft.
2. If using, add ground meat and cook until browned.
3. Add bell pepper, and cook for another 3-4 minutes.
4. Stir in chili powder, cumin, smoked paprika, cinnamon, salt, and pepper. Cook for 1 minute until fragrant.
5. Add pumpkin puree, diced tomatoes, beans, and broth. Stir to combine.
6. Bring the chili to a simmer, then reduce the heat and let it cook uncovered for 30-45 minutes, stirring occasionally.
7. Taste and adjust seasoning if necessary.
8. Serve hot, garnished with roasted pumpkin seeds or your favorite toppings.

Additional Garnishes:

Sour Cream, Chopped Cilantro, Sliced Green Onions, Cheddar Cheese

