

## Easy Pumpkin Chili

*This easy chili recipe can be simmered over the stove or cooked for hours in a crockpot, but either way, it is packed with favorite winter flavors. I used turkey, pumpkin, kidney & black beans, onion, and jalapeno, but feel free to add more veggies or make substitutions as you see fit! The recipe makes enough for leftovers, too 😊*

### **Ingredients:**

1 lb	Lean ground turkey (I use 93/7)
1 small	Onion, diced
1 large	Jalapeno, deseeded and diced
1 large	Green pepper, diced
4 cloves	Garlic, minced
15 oz	Pumpkin puree
15 oz	Black beans, drained and rinsed (I use the salt free canned beans)
15 oz	Kidney beans, drained and rinsed (I used the salt free canned beans)
14 oz	Canned diced tomatoes (no salt added if possible)
6 oz	Tomato paste
2 tbsp	Chili powder
2 tbsp	Cumin
2 tsp	Smoked paprika
1 tbsp	Pumpkin pie spice
1 tsp	Pepper
½ tsp	Cayenne pepper (adds more heat; optional)
2 cups	Low sodium chicken broth

### **Directions:**

1. Over medium-high heat, brown ground turkey in a large saucepan. Once a little pink remains, add in the onion, jalapeno, green pepper, and garlic. Stir in and cook until no pink remains.
2. Add in pumpkin, beans, tomatoes, tomato paste, spices, and chicken broth. Stir until well combined.
3. Turn heat to medium-low. Cover and let simmer for 20-30 minutes. If using a slow cooker, complete steps 1 & 2, then transfer the chili mixture to the slow cooker and turn on low for 6-8 hours or high for 3-4 hours.
4. Serve warm and with toppings of your choice!

### **Nutrition Facts:**

Serving Size: 1 serving (324 g)

Servings: 8

Easy Pumpkin Chili		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	264.4 kcal	13 %
<b>Total Fat</b>	5.9 g	9 %
Saturated Fat	1.5 g	8 %
Trans Fat	0 g	
Cholesterol	40 mg	13 %
Sodium	155 mg	6 %
<b>Total Carbohydrate</b>	35.8 g	12 %
Dietary Fiber	11.2 g	45 %
Sugars	8.4 g	
<b>Protein</b>	20.6 g	41 %
Vitamin A	135 %	Vitamin C 43 %
Calcium	8 %	Iron 27 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at <a href="http://cronometer.com">cronometer.com</a>		