

Pumpkin Chili

INGREDIENTS:

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| 1 tbsp. olive oil | 2 cups low sodium vegetable broth |
| 1 large onion, chopped | 1 tbsp. chili powder |
| 3 cloves garlic, minced | 1 tbsp. cumin |
| 2 bell peppers, chopped | 1 tbsp. smoked paprika |
| 16 oz crimini or white button mushrooms, quartered | ½ tsp turmeric |
| 1 15-oz can pumpkin puree, or 1 lb. pureed pumpkin | ½ tsp salt |
| 1 28-oz can no sodium diced tomatoes | ½ tsp cinnamon |
| | 1 15-oz can no sodium kidney beans |
| | 1 15-oz can no sodium pinto beans |



INSTRUCTIONS:

1. Sauté chopped onion in olive oil in a large pot over medium heat until transparent. Add garlic, bell peppers, and mushrooms. Cook until mushrooms soften.
2. Add pumpkin puree, diced tomatoes, broth, chili powder, cumin, smoked paprika, turmeric, salt, cinnamon, and the liquid from the canned beans.
3. Bring to boil, then reduce to a simmer, covered for 30 minutes. Stir occasionally.
4. Stir in drained beans and simmer until chili is heated through, about 10-15 minutes.
5. Optional: Top with avocados, nonfat greek yogurt, tortilla chips, or chopped cilantro.

Servings: 10

Nutrition Facts	
10 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 26g	9%
Dietary Fiber 7g	25%
Total Sugars 6g	
Includes 0g Added Sugars 0%	
Protein 8g	
Vitamin D 0mcg	0%
Calcium 72mg	6%
Iron 3mg	15%
Potassium 328mg	6%

*The % Daily Value 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.