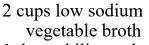


# **Pumpkin Chili**

### **INGREDIENTS:**

- 1 tbsp. olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 bell peppers, chopped
- 16 oz crimini or white button mushrooms, quartered
- 1 15-oz can pumpkin puree, or 1 lb. pureed pumpkin
- 1 28-oz can no sodium diced tomatoes



- 1 tbsp. chili powder
- 1 tbsp. cumin
- 1 tbsp. smoked paprika
- ½ tsp turmeric
- ½ tsp salt
- 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	150
Calories	<u> 150</u>
%	Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 26g	9%
Dietary Fiber 7g	25%
Total Sugars 6g	
Includes 0g Added Sugar	s 0%
Protein 8g	
Vitamin D. Omen	00/
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.