

**Title: Dietitian Liz**

**Recipe: Healthy Pumpkin Chili**



It's that time of year when the temperatures are finally beginning drop and we start to have some "cooler" days. Nothing says fall more to me than a nice savory bowl of chili. This recipe incorporates a little fall flavor with traditional chili. Don't be afraid of the word "pumpkin" in the title, the added flavor is very subtle but gives you some extra health benefits including additional fiber, vitamin A, C, and E, as well as some antioxidants. This recipe is also a great one to use for food prepping. The leftovers heat up well and are just as delicious as the day you made it.

**Ingredients:**

<ul style="list-style-type: none"><li>✚ 2 tablespoons olive oil</li><li>✚ 1 Yellow Onion (diced)</li><li>✚ 6 teaspoons minced garlic</li><li>✚ 1 yellow bell pepper (chopped)</li><li>✚ 1 green pepper (chopped)</li><li>✚ 2 teaspoons sugar</li><li>✚ 1 tablespoon chili powder</li><li>✚ 1 tablespoon ground cumin</li><li>✚ 1 teaspoon pumpkin spice</li><li>✚ ½ teaspoon ground clove</li><li>✚ 2 teaspoons oregano</li></ul>	<ul style="list-style-type: none"><li>✚ 2 teaspoons ground coriander</li><li>✚ 6 oz. can tomato paste</li><li>✚ 3 Cups chicken broth (reduced sodium)</li><li>✚ 1 can black beans (rinsed well and drained)</li><li>✚ 1 can kidney beans (rinsed well and drained)</li><li>✚ ¾ Cup Pumpkin Puree</li><li>✚ 1 pound ground turkey</li><li>✚ 2 cans fire-roasted tomatoes</li><li>✚ Salt and pepper to taste</li><li>✚ Shredded cheddar and Greek Yogurt for optional toppings</li></ul>
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**Directions:**

1. In a large pot heat oil until hot on medium heat. Add onion, minced garlic, and chopped peppers (green and yellow). Stirring frequently, cook until the veggies begin to soften.
2. Add Sugar, spices, tomato paste, chicken broth, beans and pumpkin puree to the large pot. Stirring to mix ingredients. Continue to cook on medium heat.
3. In a large skillet cook ground turkey, stirring to help break it into small pieces. Once cooked through add ground turkey to the large pot.
4. Gently stir 2 cans of Fire-roasted tomatoes into mixture in large pot. Bring chili to a simmer for 15-20 minutes. Remove from heat and add salt/pepper to taste. If desired sprinkle with cheddar cheese.

Original recipe from: <http://www.chewoutloud.com/2017/10/10/healthy-fall-pumpkin-chili-recipe/>