

Pumpkin chili



Recipe credit

Bronson Wellness Center

About this recipe

Serves

8

Serving size

1 cup

Time to make

30 minutes

Ingredients

- 2 teaspoons olive oil
- 1 small yellow onion (chopped)
- 1 green bell pepper (cored, seeded and chopped)
- 2 jalapeño peppers (seeded and finely chopped)
- 2 cloves garlic (finely chopped or 1/2 teaspoon garlic powder)
- 1 can corn
- 1 pound ground turkey
- 1 can diced tomatoes with juice
- 1 can pumpkin puree
- 1 cup water
- 1 teaspoon cumin, ground
- salt and pepper (to taste, optional)
- 1 can kidney beans (Can choose other beans if desired.)

Directions

1. Heat oil in a large pot over medium high heat.
2. Add onion, bell pepper, jalapenos, corn, and garlic. Cook, stirring frequently until tender, about 5 minutes.
3. Add turkey and cook until browned.
4. Add tomatoes, pumpkin, water, chili powder, cumin, salt and pepper and bring to a boil.
5. Reduce heat to medium low then add beans.
6. Cover and simmer, stirring occasionally, for 30 minutes more.
7. Ladle chili into bowls and serve.

Nutritional info

Calories

193

Total fat

8 g

Saturated fat

2 g

Cholesterol

41 mg
Sodium
242 mg
Total carbohydrates
17 g
Dietary fiber
6 g
Protein
14 g
Total sugar
5 g

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