

Pumpkin Chili

Pumpkin is a great addition to chili. Although it may sound weird, your chili will not taste like pumpkin pie or have a sweet flavor. The pumpkin will help give the chili a heartier texture along with adding some bonus fiber and nutrients.

Recipe Courtesy: Melanie McCall

- 2 tablespoons olive oil
- ½ cup chopped onion
- 1 cup chopped red bell pepper
- 1 clove, finely chopped garlic
- 1 lb ground beef
- 1 can (14.5 oz each) diced tomatoes
- 1 can (15 oz) plain pureed pumpkin
- 1 can (15 oz) tomato sauce
- 1 can (15.25 oz) kidney beans, drained
- 1 can (15.25 oz) black beans, drained
- 1 can (10 oz) Rotel
- 1 cup loose-pack frozen whole kernel corn
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon ground black pepper
- ½ teaspoon salt
- ½ -1 cup water (optional)



Instructions

1. Heat olive oil in large saucepan over medium heat.
2. Add onion, bell pepper, and garlic into saucepan; cook, stirring frequently, for 5-7 min or until tender.
3. Add ground beef; cook until browned. Drain.
4. Add tomatoes with juice, pumpkin, tomato sauce, beans, Rotel, corn, chili powder, cumin, black pepper, and salt.
5. Bring to a boil and reduce heat to low. Cover the pot and let it cook for 30 minutes. If you like your chili a little thinner add some water to the recipe during the 30 minute cook time.