



GBS HEALTH & WELLNESS

# Pumpkin Chili

Adapted from [Chew Out Loud](#)



## About this Recipe

Halloween is creeping up and that means spooky fun, creative costumes, and treats. Avoid shivers sent down your spine with this pumpkin-inspired twist on a common fall recipe. Coming to a cauldron near you, Pumpkin Chili.

**Pumpkin is high in fiber, which is important for a healthy digestive tract, blood sugar control and lowering cholesterol in the blood stream!**

## INGREDIENTS

- > 2 Tbsp olive oil
- > 1 medium yellow onion, diced
- > 7 garlic cloves, minced
- > 1 tsp sugar
- > 1 Tbsp chili powder
- > 1 Tbsp ground cumin
- > 1 tsp pumpkin pie spice
- > 2 tsp oregano
- > 2 tsp ground coriander
- > 1 lbs. ground turkey
- > 3 Tbsp tomato paste
- > 2 green bell peppers, seeded and chopped
- > 1 orange bell pepper, seeded and chopped
- > 29 oz can fire-roasted tomatoes
- > 3 c. chicken broth
- > 28 oz can black beans, rinsed and drained
- > ½ c. pumpkin puree
- > Salt
- > Pepper

## DIRECTIONS

1. In a large pot, heat olive oil on medium high until shimmering. Add onion and garlic and stir until fragrant, about 30 seconds.
2. Add sugar, chili powder, pumpkin pie spice, oregano and cumin. Stir to combine and cook for 10 more seconds.
3. Add ground turkey to pot and cook until 165° F, chopping in pan into small pieces. Mix in 1 tsp salt. Once turkey is cooked, add in tomato paste and stir until combined, around 30 seconds.
4. Add in bell peppers, fire roasted tomatoes and broth. Stir to combine. Bring chili to a simmer and cover. Simmer for 20 min.
5. Add in beans and pumpkin puree. Bring chili back to simmer and simmer for 15-20 more min or until heated through. Remove from heat and serve.

