

## INGREDIENTS

### EASY PUMPKIN CHILI

- 2 cloves garlic, minced
- 1 medium onion, diced
- 2 Tbsp olive oil
- 1 lb. lean ground beef, turkey or chicken
- 1 15oz. can kidney beans, rinsed & drained
- 1 15oz. can black beans, rinsed & drained
- 1 15oz. can petite diced tomatoes
- 1 15oz. can pumpkin purée
- 1/2 6oz. can tomato paste (5 Tbsp)
- 2 cups water

### CHILI SEASONING\*

- 1 Tbsp [chili powder](#)
- 1/2 tsp smoked paprika
- 1 tsp ground cumin
- 1/4 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp freshly cracked black pepper
- 1 tsp salt

## INSTRUCTIONS

1. Heat a stock pot on medium heat. Once warm, add olive oil.
2. Mince the garlic and dice the onion. Add the onion to the pot as the onion starts to become tender, add the garlic. Saute for about 5 minutes - do not let the garlic brown.

3. Add the ground meat, breaking apart with a spoon and continue to cook until the meat is browned and no longer pink.
4. Add the kidney beans (drained), black beans (drained), diced tomatoes (with juices), puréed pumpkin, tomato paste, water, chili powder, smoked paprika, cumin, garlic powder, onion powder, pepper, and salt to the pot. Stir to combine.
5. Place a lid on top of the pot and allow the chili to come up to a simmer, stirring occasionally. Allow the chili to simmer for 30 minutes.
6. After simmering for 30 minutes, give the chili a taste and add additional seasonings if needed. Serve hot with your favorite toppings (sour cream/Greek yogurt, cheese, green onion, corn chips, etc.)