

Hearty Pumpkin Chili

Prep: 10 minutes | Cook: 50 minutes | Total: 60 minutes

Yield: 8 servings | Serving Size: ~2 cups

Ingredients

1 pound (16 ounces) lean ground turkey (90% lean or higher)
1 large onion, finely chopped (about 2 cups)
3 tablespoons chili powder
1 tablespoon pumpkin pie spice
1 teaspoon ground cumin
1 teaspoon garlic powder
1 teaspoon ground black pepper
¼ teaspoon salt
2 cups low-sodium chicken broth
2 (14.5-ounce) cans no-salt-added diced tomatoes and their juice
1 (15-ounce) can pumpkin purée
1 (15-ounce) can no-salt-added kidney beans, drained and rinsed
1 (15-ounce) can no-salt-added black beans, drained and rinsed
1 (15-ounce) can no-salt-added garbanzo beans (chickpeas), drained and rinsed
1 (4-ounce) can green chilies
2 tablespoons apple cider vinegar
Optional toppings: Shredded cheese, plain Greek yogurt, sliced scallion (green onion)

Directions

1. Heat a large pot or Dutch oven over medium heat.
2. Add the ground turkey and onion. Cook, stirring often, until the turkey is no longer pink and the onion is softened, about 5-7 minutes.
3. Add the chili powder, pumpkin pie spice, cumin, garlic powder, black pepper, and salt. Cook until fragrant, about 1 minute.
4. Add the broth, diced tomatoes with their juice, pumpkin puree, kidney beans, black beans, garbanzo beans, green chiles, and apple cider vinegar. Stir to combine.
5. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
6. Cook uncovered for 35-45 minutes.
7. Serve warm, topping as desired.

NOTE: To make the recipe in a slow cooker, add the ingredients and stir to combine. Cover the slow cooker with the lid, then set the slow cooker to cook on low for 8-12 hours (or on high for 4-6 hours).

**Nutrition Facts Per Serving: Calories: 365 | Total Fat: 7.5 g | Saturated Fat: 1.5 g
Sodium: 235 mg | Total Carbohydrate: 56 g | Dietary Fiber: 19 g | Protein: 25 g**

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs