

Pumpkin Chili

7 Servings • 1 Serving = 1 Cup



INGREDIENTS

- 2 cups vegetable broth
- 1 Tablespoon extra virgin olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 red bell peppers, chopped
- 1 (28 ounce) can of low sodium diced tomato
- 1 (15 ounce) can of black beans, drained and rinsed
- 1 (15 ounce) can of pinto beans, drained and rinsed
- 1 (15 ounce) can pumpkin puree
- 2 Tablespoons chili powder
- 2 teaspoons cumin
- 2 teaspoon paprika
- 1 teaspoon salt
- ¼ teaspoon cinnamon
- Dash of cayenne pepper or red pepper flakes
- Optional toppings: cheese (shredded), Greek yogurt, avocado, jalapenos

DIRECTIONS

1. In a large pot, heat the vegetable broth over medium heat until warm.
2. Heat a skillet over medium heat. Add olive oil, onion, and garlic. Sauté until translucent, about 5 minutes.
3. Add the bell peppers and cook for another 5 minutes.
4. Add the onions, garlic, bell pepper to the large pot and stir.
5. Add in the tomatoes, beans, pumpkin, and spices. Stir well to combine.
6. Bring to a slight boil, turn down heat, cover, and let simmer for about 15-20 minutes.
7. Remove from heat and serve with optional toppings.

Nutrition Facts	
7 servings per container	
Serving size	1 cup
Amount per serving	220
Calories	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 680mg	30%
Total Carbohydrate 39g	14%
Dietary Fiber 13g	46%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 124mg	10%
Iron 4mg	20%
Potassium 558mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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