



PUMPKIN CHILI



An interesting twist on traditional chili. The pumpkin puree adds beta carotene, vitamin C, vitamin E, iron and folate all which are beneficial for your immune system. This recipe can be adjusted for vegetarians. Just omit the beef and add in a can of kidney beans instead.

NUTRITION FACTS:

PER SERVING: 1 ¼ CUP

184 calories; 11g protein; 12g fat; 2g sat fat, 8g carbohydrates; 2g fiber; 4g sugar, 84 mg sodium

PREPARATION TIME: 10 minutes

COOK TIME: 35 minutes

TOTAL: 45 minutes

SERVINGS: 8

INGREDIENTS:

- 1 pound of lean ground beef
- 1 green pepper, diced
- 1 onion, diced
- 1 Tablespoon chili powder
- 1 Tablespoon ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 (15 oz.) can pumpkin puree
- 1 (15 oz.) can pinto beans, not drained
- 1 (15 oz.) can black beans, not drained
- 1 (28 oz.) can diced tomatoes, not drained
- Salt & pepper to taste
- 1 teaspoon olive oil

DIRECTIONS:

STEP 1

In a large pot, brown the ground beef with pepper, onion and a teaspoon of olive oil.

STEP 2

While the meat and vegetables are cooking, add in the chili, cumin, garlic and onion powder and a pinch of salt & pepper.

STEP 3

Once the meat is cooked through and vegetables are soft (about 10-12 minutes), add in the pumpkin puree, undrained beans and the tomatoes with their juice to the pot.

STEP 4

Cover and simmer 15-20 minutes, or until ready to eat.

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