

Making it delicious

Pumpkin Turkey Chili

THE
Open
Door

Ingredients:

Serves 6

- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 yellow or orange bell pepper, chopped
- 1 can chopped green chiles (4 oz.)*
- 1-2 cloves garlic, minced
- Optional: 2 haba ero peppers, finely chopped
- 1 pound ground turkey or beef
- 28-30 oz. diced tomatoes
- 1 can kidney beans (15 oz.), drained & rinsed
- 1 can pumpkin puree (14.5 oz.)
- 1   Tbsp. chili powder
-   Tbsp. cumin
- 3/4 tsp. salt
-   tsp. black pepper
-   tsp. cayenne pepper (more or less, to taste)

*Or 3-4 finely chopped jalape o peppers

Topping Suggestions:

Fresh cilantro, shredded cheese, sour cream, avocado, green onions, tortilla chips, lime wedges



Recipe adapted from: www.seriousseats.com

Instructions:

- Heat oil in a pot or Dutch oven over medium-high heat.
- Saute the onion, bell peppers, green chiles, haba eros and garlic until tender, about 10 minutes.
- Make room in the center of the skillet, add the meat, and brown, about 10 minutes.
- Stir in the tomatoes, beans, and pumpkin.
- Season with chili powder, cumin, salt, pepper, and cayenne.
- Reduce heat and simmer at least 20 minutes. Stir in 1/4 cup chopped fresh cilantro.
- Serve with toppings of choice.

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