

Quick Pumpkin Chili

- Pumpkin is a great source of beta-carotene, vitamins A and C and fiber.
- Beta-carotene is an antioxidant that gives pumpkin its orange color.
- The plant-based source of protein in this recipe is black beans, but adding ground turkey, lean ground beef or even shredded chicken breast would make the carnivore in your life happy.
- Jazz up this simple chili by adding 2 cups chopped kale or spinach at the same time as the tomatoes, and 1- 6oz. can tomato paste at the same time as the pumpkin. (will need 2 cups extra water or substitute water with 4 cups low salt Vegetable Broth, simmer for 15 more minutes).
- For a spicy flavor, use a full teaspoon of black pepper or chop 1 jalapeno and sauté with the onions.

Nutrition Facts	
4 servings per container	
Serving size	1.5 cup
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 40g	15%
Dietary Fiber 3g	11%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 2mg	10%
Potassium 405mg	8%

*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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Servings: 4

Prep Time: < 30 minutes



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Ingredients:

- 1 Tablespoon vegetable, canola or Olive oil
- 1 small onion, diced
- 3 cloves of garlic, chopped or 1 teaspoon of garlic powder
- 2 cups water
- 1 can (15oz.) diced tomatoes, canned in juice (do not drain)
- 1 Tablespoon chili powder
- 1 Tablespoon ground cumin
- ½-1 teaspoon black pepper
- 1 can (15oz.) black beans, no salt added, drained
- 1 can (15oz.) pumpkin puree

Directions:

1. Heat oil in a large skillet over medium-high heat. When hot, add the diced onion and garlic and sauté until onion is soft, about 5 minutes.
2. Add water, tomatoes (with juice), chili powder, cumin and black pepper (use 1 tsp. for spicy). Cover and bring to a boil over medium-high heat.
3. Add pumpkin puree and black beans. Stir very well to be sure that the pumpkin blends into the chili.
4. Place lid on the pot and let heat for about 5 minutes.
5. Serve hot and top with a dollop of plain low-fat Greek yogurt, chopped chives and avocado (all optional).

Recipe Inspired by:

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