

Pumpkin Chili

Yield: 5 Servings | Serving Size: 15.8 oz

Ingredients:

- 1 lb ground beef
- 1 (15oz) can pumpkin puree
- 1 green pepper, diced
- 1 (15oz) can pinto beans, not drained
- 1 onion, diced
- 1 (15oz) can black beans, not drained
- 1 Tbsp chili powder
- 1 (28oz) can diced tomatoes, not drained
- 1 Tbsp cumin
- 1 Tbsp olive oil
- 1 Tbsp garlic powder
- salt and pepper, to taste

Directions:

- 1) In a large soup pot, heat olive oil over medium high heat. Add ground beef, green pepper, and onion. Cook until beef is just browned.
- 2) Once the meat and veggies are cooked, sprinkle over the chili powder, cumin, garlic powder, and a pinch of salt and pepper. Stir until fragrant, about 1 minute.
- 3) Add pumpkin puree, beans (with juices) and tomatoes (with juices) to the pot. Cover and reduce heat to a simmer for 15-20 minutes, or until ready to eat.

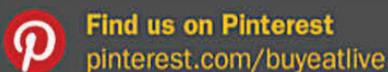
Nutrition Facts	
Amount per	
1 serving (15.8 oz)	449 g
Calories 459	From Fat 168
% Daily Value*	
Total Fat 19.2g	30%
Saturated Fat 5.5g	28%
Trans Fat 0.3g	
Cholesterol 80mg	27%
Sodium 472mg	20%
Total Carbohydrates 39g	13%
Dietary Fiber 13g	53%
Sugars 7g	
Protein 36g	72%
Vitamin A 39% • Vitamin C 119%	
Calcium 16% • Iron 40%	

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Recipe provided by FAST Blackfeet (<https://www.fastblackfeet.org/>). Used with permission for educational purposes.

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