

PUMPKIN CHILI



Harvest
of the
Month™

CalFresh
1-877-410-8809



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services

INGREDIENTS:

- 1 Tbsp olive oil
 - 1 large onion, chopped
 - 1 bell pepper, chopped
 - 2 cloves garlic, minced
 - 1 (28oz) can of diced tomatoes
 - 1 (15oz) can black beans, drained and rinsed
 - 1 (15oz) can pinto beans, drained and rinsed
 - 1 (15 oz) can pumpkin
 - 2 cups vegetable broth
 - 1 spice packet*
 - 1 lime, juiced
 - Optional toppings: cilantro, avocado, jalapeños, yogurt
- *Spice packet contents:
2 Tbsp chili powder, 2 tsp cumin,
2 tsp paprika, 1 tsp salt, 1/2 tsp

INSTRUCTIONS:

1. In a big pot, heat up the olive oil on medium high heat.
2. Sauté the onion, bell pepper, and garlic until soft, about 5 mins.
3. Add canned tomatoes, beans, pumpkin, vegetable broth and spice packet. Stir until well combined.
4. Bring to a slight boil, turn down heat and cover to let simmer about 15-20 mins.
5. Turn off heat and stir in the fresh lime juice.
6. Serve immediately with your favorite toppings.

Yield: 6 (1 cup) servings

Source: Adapted from theglowingfridge.org

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