

Stove Top Pumpkin Chili

Recipe: makes 4 servings

Ingredients:

1 Tbsp avocado oil
1/2 red onion (peeled and chopped)
2 carrots (peeled and chopped)
1/2 green bell pepper (cored and chopped)
2 cloves of garlic (minced)
1 lb 93/7 (organic, free range) ground turkey
1/2 (15-ounce) can diced tomatoes
1 (15-ounce) can organic pureed pumpkin
1/2 cup (organic, free range) chicken broth
1/4 tsp nutmeg
1 tsp pumpkin pie spice
1/2 tsp cinnamon
1 1/2 Tbsp chili powder
1/2 Tbsp dried oregano
1/2 tsp sea salt



Directions:

1. Using a large stock pot or Dutch oven, add oil and set stove top to medium heat. Sauté onions until they start to break down and turn translucent (for about 3 minutes). Then add in carrots, bell pepper and garlic and continue cooking for another 2 minutes.
2. Add the ground turkey and mix into the vegetables. Cook until the meat has browned, about 5 minutes.
3. Add the remaining ingredients and stir well.
4. Cover and lower the heat to low. Simmer for 30 minutes to 3 hours.

Option to top with a dollop of fat free plain Greek yogurt (try 0% Fage Greek yogurt) or sour cream or avocado slices, chives and pumpkin pie spice. Enjoy!

Nutritional Information (per 1 serving or ~2 cups):

257 calories, 24 grams protein, 14 grams fiber, 14 grams carbohydrates, 12 grams fat, 223mg sodium, 346 mg potassium and 1,060 mcg Vit A

Tips: When selecting animal proteins, always select humanely raised products. Look for organic, free range turkey, grass fed beef, no added growth hormones, and never given antibiotics. Try Gardein's meatless ground beef for a plant-based option (you won't even be able to tell!) If you

can't do tomatoes, that's okay. Just add an additional 1/4 cup chicken broth to your chili. Also, this recipe can easily be doubled if you plan on entertaining or want to make 8 servings worth.

Instant Pot Cooking Method:

Follow the same directions as for the stove top. Turn the instant pot to saute and add in oil, veggies and cook per directions. Next add in meat and cook until it's browned. Then secure the lid on the Instant Pot and press the chili function and set the time to 50 minutes. Allow the instant pot to release for 10 to 15 minutes, or quick release with the vent.

Slow-Cooker (Crock Pot) Cooking Method:

Add ingredients to slow cooker and cook on low for 6 hours, or you can pre-sauté the vegetables and brown the meat in a separate skillet before adding to the slow cooker.

Recipe adapted from The Roasted Root