



Pumpkin Chili

This flavorful chili is perfect for the start of soup season!

Recipe adapted from Bri McKoy.

Ingredients

- 1 T olive oil
- 1 lb Stoltzfus Sweet Italian sausage grillers, casings removed
- 1 lb Stoltzfus Hot Italian sausage grillers, casings removed
- 1.5 cups (1 large) onion, chopped
- 1 cup sweet bell pepper, chopped
- 1.5 cups (3 large) carrots, chopped
- 4 garlic cloves, minced
- 1 T chili powder



- 1 T ground cumin
- 1 T dried oregano
- 2 t salt
- 6 ounces pumpkin ale, or chicken stock
- 15 oz pumpkin puree (not pie filling)
- 1 cup chicken stock

Directions

1. Heat a Dutch oven over medium-high heat and add the oil. Add the sausage and cook, crumbling, until the meat is almost completely cooked.
2. Add onions, peppers, and carrots to the Dutch oven and cook until veggies are softened. Add the garlic and cook until fragrant, about 1 minute.
3. Add the spices and cook for 2-3 minutes. Slowly add the pumpkin ale (or chicken stock) and deglaze the pot, scraping the bottom of the pan to release the brown bits. Cook for 2-3 minutes.
4. Add the pumpkin and the chicken stock. Bring to a boil, reduce heat to medium-low, and simmer for 20 minutes.
5. Serve with choice of shredded cheddar cheese, sour cream, scallions, and cilantro.



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