

TURKEY PUMPKIN CHILI



PREP TIME

15 Minutes



COOKING TIME

25 – 30 Min



SERVES

8



Ingredients

- 1 tbsp vegetable oil
- 1 large onion, diced
- 1 green bell pepper, small dice
- 1 yellow bell pepper, small dice
- 2-3 cloves garlic, minced
- 2 lbs ground turkey
- 1 can (28 oz/798 mL) fire-roasted diced tomatoes
- 4 cups sugar pie pumpkin or butternut squash, cubed
- 2 ½ cups chicken stock
- 2 tbsp adobo sauce (from a 12-ounce can of Chipotle peppers in adobo sauce)
- 2 tsp ground cumin
- 1 tsp ground black pepper

Steps to Make

1. Heat the oil in a large deep soup pot over medium heat. Sauté the onion and bell peppers until tender, about 5 minutes. Add the garlic and sauté 3 minutes longer.
2. Add the turkey, and cook until evenly brown. Mix in tomatoes, pumpkin, and chicken stock.
3. Season with adobo sauce, cumin, pepper, and salt. Reduce heat to low, cover, and simmer 20 minutes or until pumpkin/squash is tender.
4. If desired, gently smash pumpkin chunks against the side of the pot. This gives the chili a creamier texture.
5. Add black beans and simmer for 5 minutes longer. Serve topped with cheese, sour cream, cilantro and avocado.

- 1 tsp Kosher or sea salt
- 1 can (19/540 mL) black beans, drained and rinsed

Garnish:

- 2 cups Monterey Jack or Jalapeno Jack cheese, shredded
- 1 cup sour cream
- Cilantro leaves
- Avocado slices
- Pepitas (roasted pumpkin seeds)