

PUMPKIN CHILI

Ingredients

- 2 Tablespoons (30ml) **olive oil**
- 1 cup chopped **yellow onion**
(1/2 of a large onion)
- 1 **green bell pepper**, diced
- 1 **red bell pepper**, diced
- 1 small **jalapeño**, minced
(remove seeds and ribs)*
- 3 **garlic cloves**, minced
- 1 teaspoon **salt**
- 1/2 teaspoon **fresh ground black pepper**
- 1/2 teaspoon **ground cinnamon**
- 2 and 1/2 teaspoons **ground cumin**
- 2 teaspoons **chili powder**
- 1 teaspoon **onion powder**
- 2 cups (480ml) **vegetable broth**
- 3 (14 ounce) cans **petite diced tomatoes**, do not drain
- 1 (15 ounce) can **pinto beans**, drained and rinsed*
- 1 (15 ounce) can **kidney beans**, drained and rinsed*
- 1 (15 ounce) can **pumpkin puree***
- 1 large **sweet potato**, peeled and diced (about 1 heaping cup)*
- 1 (15 ounce) can **black beans**, drained and rinsed*



Optional For Serving

- chopped **cilantro**
- chopped **red onion**
- sliced **avocado**

Instructions:

- Heat the olive oil over medium heat in a 5 quart (or larger) pot or dutch oven.
- Add the onion, bell peppers, and jalapeño.
- Stir and cook for 5 minutes as the onion softens.
- Add garlic, salt, black pepper, cumin, chili powder, and onion powder.
- Stir and cook for 1 minute.
- Add the remaining ingredients including black beans, if using.
- Place the lid on top, reduce heat to medium-low, and cook for 30 minutes, stirring occasionally.
- Serve with any optional toppings. I strongly suggest cilantro for a little fresh kick. Yum!

