

You Can Cook!

Pumpkin Chili with Canned Pumpkin

FOR RECIPES, VISIT

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EAT.
MOVE.
SAVE.



Add 1 lb. lean ground beef, 1/2 cup chopped onion, and 1 clove minced garlic to a large saucepan.



Cook until meat is brown and onion is soft. Drain excess fat.



Add 1 can 100% pumpkin puree, 1 can crushed tomatoes, 1 cup water, 1 can kidney beans (drained) to pan. 1 can = 15 oz.



Add 1 Tbsp. chili powder and 1/2 tsp. cumin to pan. Stir. Bring to a boil. Reduce heat and cover.



Simmer for 30 minutes, stirring occasionally.



Top with cheese and sour cream, if desired, and serve.

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5 Ways to Eat Canned Pumpkin

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Pumpkin Peanut Butter Dip



Pumpkin Pancakes



Pumpkin Chili



Sweet Pumpkin Sandwiches



Pumpkin Pudding