You Can Cook!

Pumpkin Chili with Canned Pumpkin

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.

Simmer for 30 minutes, stirring occasionally.

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

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

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5 Ways to Eat Canned Pumpkin

**Pumpkin Peanut Butter Dip**

**Pumpkin Pancakes**

**Pumpkin Chili**

**Sweet Pumpkin Sandwiches**

**Pumpkin Pudding**

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