



Pumpkin Chili

1 lb. lean ground turkey	15 oz. low sodium black beans, drained
1 small white onion, washed and diced	15 oz. low sodium kidney beans, drained
3 tsp. garlic, minced	1 cup skim milk
1 Tbsp. olive oil	1 tsp. dried parsley
15 oz. can pumpkin puree	2 Tbsp. chili powder
29 oz. can tomato puree	1 tsp. oregano
4.5 oz. can green chilies	2 tsp. cumin

Directions

1. Wash hands with soap and water. Over medium heat, brown turkey, and cook until turkey reaches an internal temperature of 165°F. Drain excess fat.
2. Add olive oil and saute garlic and onions until onions are translucent.
3. Add remaining ingredients. Cover and bring to a boil. Reduce heat and simmer for 25-30 minutes, stirring occasionally. Add milk.
4. Serve with non-fat Greek yogurt or a dollop of hummus and whole wheat crackers. **Yield:** 10 Servings

NOTE: For a thinner consistency, substitute milk for water or low sodium broth

Nutrition Facts (per 1 cup serving): 227 calories, 8 grams fat, 345 milligrams sodium, 28 grams carbohydrate, 9 grams fiber, 15 grams protein

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