



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

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Serving McLean, Livingston, & Woodford Counties

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Pumpkin Chili



1 lb. lean ground turkey
1 small white onion, diced
3 teaspoons garlic, minced
1 (15 oz.) can low sodium black beans
1 (15 oz.) can low sodium kidney beans
1 (15 oz.) can pumpkin puree
1 (29 oz.) can tomato sauce

1 cup water
1 teaspoon dried parsley
1 Tablespoon chili powder
1 teaspoon oregano
1 1/2 teaspoons ground cumin
4.5 oz. can green chilies (optional)

Instructions: In large stewpot, add turkey and onions. Heat on medium until turkey is browned. Add garlic and sauté 2 minutes. Drain off any grease. Drain and rinse beans. Add beans and the remainder of ingredients. Cover and bring to a boil. Reduce heat and simmer for 25-30 minutes, stirring occasionally.

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