

# Pumpkin Chili

Inspired by DelishKnowledge.com "Vegan Pumpkin Chili"

## Ingredients:

- 1 tablespoon olive or vegetable oil
- 1 medium white onion, chopped
- 1 red bell pepper, chopped
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 2 garlic cloves, minced
- 1 15 oz. can 100% pure pumpkin puree
- 2 28 oz. can diced tomatoes or fire roasted tomatoes, with juice
- 2 15 oz. cans black beans, drained and rinsed
- 1 cup water
- 1 teaspoon salt & pepper to taste

## Method:

1. Heat oil in sauce pan over medium heat. Add onion and cook until translucent, about 5 minutes. Stir in chili powder, cumin, oregano, and garlic cloves and cook 1-2 minutes until the spices are fragrant, stirring often.
2. Add diced tomatoes with juice and pumpkin puree.
3. Add black beans, 1 cup water and salt and pepper, stir to combine.
4. Reduce heat to low, partially cover and let simmer for 30 minutes, stirring often.
5. Serve and enjoy!

HopelinkHarvest@hope-link.org

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