

Pumpkin Chili with Ground Beef & Beans

Inspired by “Chili” on FoodNetwork.com

Ingredients:

- 1 onion, chopped
- 1 bell pepper, chopped
- 1 ½ pounds ground beef or turkey
- 15 ounce can pumpkin
- 15 ounce can diced fire-roasted tomatoes
- 15 ounce can black beans, drained
- 2 cups water
- 1 tablespoon oil
- Optional: 2 tablespoons chili powder and/or adobo sauce

Method:

1. In a saucepan, sauté onions until browned. Add bell pepper and ground beef until cooked through.
2. Stir in pumpkin, diced tomatoes, black beans and water. Add optional seasonings.
3. Simmer for 30 minutes, and serve!

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