



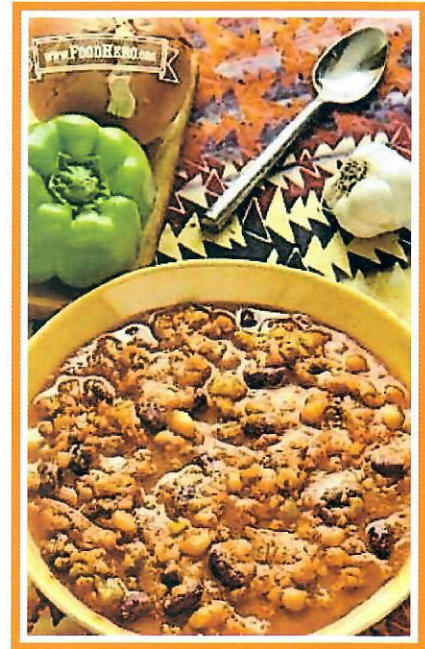
# Turkey Pumpkin Chili



## Ingredients

- 1 teaspoon **vegetable oil**
- 1 pound lean **ground turkey** (15% fat)
- 2/3 cup chopped **onion** (about 1/2 medium onion)
- 1/2 cup chopped **green pepper** (about 1 small pepper)
- 2 cloves **garlic**, minced or 1/2 teaspoon garlic powder
- 1 can (15 ounces) **kidney beans**, drained and rinsed
- 1 can (15 ounces) **great northern beans**, drained and rinsed
- 1 can (16 ounces) **pumpkin**
- 1 can (15 ounces) crushed **tomatoes**
- 1 can (15 ounces) low-sodium **broth**
- 1/2 cup **water**
- 2 Tablespoons packed **brown sugar**
- 1 package **taco seasoning** mix (1.25 ounces)

**Makes:** 10 cups  
**Prep time:** 5 minutes  
**Cooking time:** 90 minutes



## Directions

1. Wash hands with soap and water.
2. In a large saucepan, heat oil on medium heat.
3. Add ground turkey, onion, green pepper and garlic.
4. Cook and stir, breaking meat apart until it is brown and vegetables are tender.
5. Stir in the beans, pumpkin, tomatoes, broth, water, brown sugar and taco seasoning.
6. Bring to a boil. Reduce heat, then cover and simmer for 1 hour.
7. Refrigerate leftovers within 2 hours.

## Notes

- Broth can be made at home, purchased in a can or box, or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube of bouillon.
- Use leftover turkey cut in bite-size pieces instead of ground turkey. Sauté the vegetables, then add the turkey with the other ingredients.
- No Taco Seasoning? Mix together 1 Tablespoon chili powder and 1 teaspoon each cumin and oregano. Add some red pepper flakes if you like it spicier.

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## Nutrition Facts

10 servings per container	
<b>Serving size</b>	<b>1 cup (295g)</b>
<b>Amount per Serving</b>	
<b>Calories</b>	<b>240</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 460mg	<b>20%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 8g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	<b>0%</b>
Calcium 96mg	<b>8%</b>
Iron 3mg	<b>15%</b>
Potassium 482mg	<b>10%</b>
Vitamin A 194mcg	<b>22%</b>
Vitamin C 12mg	<b>13%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.