

Turkey Pumpkin Chili

Ingredients

1 teaspoon vegetable oil
1 pound lean ground turkey (15% fat)
 $\frac{2}{3}$ cup chopped onion (about 1/2 medium onion)
 $\frac{1}{2}$ 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
 $\frac{1}{2}$ cup water
2 Tablespoons packed brown sugar
1 package taco seasoning mix (1.25 ounces)

Directions

Wash hands with soap and water.

In a large saucepan, heat oil on medium heat.

Add ground turkey, onion, green pepper and garlic.

Cook and stir, breaking meat apart until it is brown and vegetables are tender.

Stir in the beans, pumpkin, tomatoes, broth, water, brown sugar and taco seasoning.

Bring to a boil. Reduce heat, then cover and simmer for 1 hour.

Refrigerate leftovers within 2 hours.

Notes

- Use leftover turkey cut in bite sized piece instead of ground turkey. Sauté the vegetables, then add the turkey with the other ingredients.

Prep time: 5 minutes

Cook time: 90 minutes

Makes: 10 cups

