Pumpkin Turkey White Bean Chili

The Goldring Center for Culinary Medicine
TULANE UNIVERSITY

Canned pumpkin makes a great thickener for soups, stews, and chilis. This easy chili is a little lighter than a tomato-based version yet is still packed with tons of fall flavor and fiber!

YIELD	PREP TIME	TOTAL TIME
8 SERVINGS	20 MIN	40 MIN

INGREDIENTS

2 tsp	Olive Oil, divided
1 each	Onion, diced
1 each	Bell Pepper, any color, diced
3 cloves	Garlic, minced
1 lb.	Ground Turkey, at least 90% lean
2 tsp	Chili Powder
2 tsp	Cumin, ground
1 tsp	Smoked Paprika
1 tsp	Cinnamon, ground
1 tsp	Oregano
½ tsp	Kosher Salt
¼ tsp	Cayenne
1 cup	Pumpkin Puree
1(15 oz) can	White Beans, drained and rinsed
1(4.5oz) can	Chopped Green Chiles, canned
2 cups	Vegetable or Chicken Stock, no salt added or homemade
2 Tbsp	Apple Cider Vinegar
2 cups	Kale or Spinach, chopped small

CHEF'S NOTES

Pumpkin, like other orange vegetables and fruits, is full of vitamin A which is key for healthy vision, skin, and immune health.

Optional topping ideas:

- Plain nonfat Greek yogurt
- Diced red onion
- Chopped cilantro
- Toasted pumpkin seeds

For extra heat, add in additional green chiles or diced jalapeño when sautéing your vegetables.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a large saucepot over medium-high, heat 1 tsp of oil. Once hot, swirl the oil to coat the bottom of the pot. Add the onions and bell pepper, sautéing until softened and lightly browned on the edges, about 2-4 minutes. Add the garlic and sauté until fragrant, about 30 seconds.
3. Move the vegetables to the outer edges of the pan and add the remaining 1 tsp oil to the center of the pan. Add the ground turkey and continue to cook, breaking up into pieces with a wooden spoon. Cook until no pink remains.
4. Add the spices and salt and stir until the turkey and vegetable mixture is well coated. Allow the spices to toast for about 30 seconds.
5. Add the pumpkin, beans, green chiles, and stock, to the pan, stirring and scraping any brown bits stuck to the bottom.

Directions Continued and Nutrition Facts Found on the Reverse Side

6. Add the chopped kale and bring to a boil then reduce to a simmer, allowing for the flavors to develop and deepen, about 10-15 minutes.
7. Remove the pan from the heat and stir in the vinegar. Serve with your favorite cornbread recipe.

Nutrition Facts

8 servings per container

Serving size **1 cup (272g)**

Amount Per Serving

Calories **180**

	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 40mg	**13%**
Sodium 280mg	**12%**
Total Carbohydrate 16g	**6%**
Dietary Fiber 5g	**18%**
Total Sugars 3g	
Includes 0g Added Sugars	**0%**
Protein 15g	
Vitamin D 0.2mcg	0%
Calcium 100mg	8%
Iron 2.9mg	15%
Potassium 460mg	10%

* 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.