

Pumpkin Turkey White Bean Chili



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 8 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

2 tsp	Olive Oil, <u>divided</u>
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

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 over the contents of the pan and stir. 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. Bring to a boil then reduce to a simmer, allowing for the flavors to develop and deepen, about 10-15 minutes.

6. Remove the pan from the heat and stir in the vinegar and chopped kale or spinach. Serve with your favorite cornbread recipe.

Nutrition Facts	
8 servings per container	
Serving Size	1 cup (255 g)
Amount per serving	
Calories	210
% Daily Value *	
Total Fat 7g	8%
Saturated Fat 1.5g	7%
<i>Trans Fat 0g</i>	
Cholesterol 40mg	14%
Sodium 310mg	13%
Total Carbohydrate 22g	8%
Dietary Fiber 8g	28%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 17g	34%
Vitamin D 0.2mcg	0%
Calcium 70mg	5%
Iron 3mg	14%
Potassium 500mg	11%
<small>*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.</small>	

Recipe adapted from *Skinnytaste*, "Turkey White Bean Pumpkin Chili (Slow Cooker or Instant Pot)"



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