



## Pumpkin Chili

### **Ingredients:**

- 1 tablespoon olive oil
- 1 large onion, diced
- 6 cloves garlic, minced
- 1 bell pepper (any color), diced
- 1 jalapeño, minced
- 1 1/2 pounds ground beef or ground turkey
- 2 (14.5 ounce) cans fire roasted tomatoes
- 1 cup beef broth
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 1 teaspoon cinnamon
- 1 teaspoon salt
- 1 (15 oz) can pumpkin puree (NOT pie filling)

### **Instructions**

In a large dutch oven heat the olive oil over medium high heat. Brown the onion and garlic for a few minutes until they start to develop color. Add in the bell pepper and jalapeño and cook until soft.

Crumble in the ground beef and brown. Once browned add in the tomatoes, broth, and spices. Simmer 5 minutes then add in the pumpkin. Continue to cook for 10 minutes to allow flavors to meld together.

Divide between 6 bowls and garnish with cilantro.