Turkey Pumpkin Chili

SERVING SIZE: 10

PREP/COOK TIME: 90 MINUTES

INGREDIENTS

- 1 teaspoon vegetable oil
- 1 pound ground turkey
- 2/3 cup chopped onion
- 1/2 cup chopped green pepper
- 2 cloves garlic, minced or 1/2 teaspoon garlic powder
- 1 can (15 oz) kidney beans, drained and rinsed
- 1 can (15 oz) great northern beans, drained and rinsed
- 1 can (16 oz) pumpkin
- 1 can (15 oz) crushed tomatoes
- 1 can (15 oz) broth
- 1/2 cup water
- 1 package taco seasoning mix
- 2 tablespoons packed brown sugar (optional)

Source: https://foodhero.org/recipes/turkey-pumpkin-chili

DIRECTIONS

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

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