

RECIPE



Healthy & Delicious Pumpkin Turkey Chili

Serious Eats (seriouseats.com)

1 T vegetable oil
1 cup chopped onion
1/2 green bell pepper, chopped
1/2 yellow bell pepper, chopped
1 (4 ounce) can chopped green chiles
1 large clove garlic, minced
1 pound ground turkey
1 (14.5 ounce) can diced tomatoes
1 (14.5 ounce) can red kidney beans, drained and rinsed
2 cups (one 14.5 ounce can) pumpkin puree
1 1/2 T chili powder
1/2 T cumin
3/4 tsp salt
1/2 tsp freshly ground black pepper
Cayenne pepper to taste (at least 3 good shakes)
1/4 cup fresh cilantro, chopped

1/2 cup low fat shredded Cheddar cheese (optional)
1/2 cup reduced fat sour cream (optional)

Heat oil in a large skillet or Dutch oven over medium-high heat. Sauté the onion, green bell pepper, yellow bell pepper, green chiles, and garlic until tender, about 10 minutes. Make room in the center of the skillet, add turkey and brown, about 10 minutes. Stir in tomatoes, beans, and pumpkin. Season with chili powder, cumin, pepper, salt, and cayenne. Reduce heat and simmer at least 20 minutes. Stir in fresh cilantro. If preferred, serve topped with Cheddar cheese and sour cream.

Makes six servings (using 99% fat free turkey) @ 250 calories, 27 g protein, 5 g fat, 29 g carbs, 30 mg cholesterol, 730 mg sodium, 11g fiber

With cheese and sour cream: Makes six servings (using 99% fat free turkey) @ 310 calories, 31 g protein, 8 g fat, 31 g carbs, 40 mg cholesterol, 800 mg sodium, 11g fiber