

EASY CROCKPOT

PUMPKIN CHILI

1 T olive oil
1 pound ground turkey
1 onion, chopped
14.5 oz. can no-salt diced tomatoes
15 oz. can pumpkin puree
15 oz. can chili beans
15 oz. black beans
3 T brown sugar
1 T pumpkin pie spice
1 ½ T chili powder

1. Heat olive oil in a skillet over medium heat. Once oil is hot, add ground turkey and chopped onion. Continue to cook until ground turkey is crumbly and no longer pink, then drain and discard any fat.

2. Transfer cooked turkey and onions to a slow cooker and stir in all remaining ingredients. Set crock pot to the low heat setting. Cover and cook for 3 hours.

IN LEIU OF GROUND TURKEY, THIS RECIPE PAIRS WELL WITH GROUND OR SHREDDED CHICKEN, OR MAKE IT VEGETARIAN AND ADD 1 C COOKED FARRO FOR TEXTURE.

Legumes and vegetables are loaded with immunity promoting vitamins and antioxidants to support your defenses. Pumpkin in chili might seem strange, but the flavor profiles work well in this great recipe of legumes and deep orange vegetables. Enjoy this easy savory and sweet twist on chili.