



Eat Well

Pumpkin Chili

Directions

In a large stew pot, sautee peppers and onion in olive oil on medium low heat about 10 minutes, or until onions are translucent. Add garlic and sautee an additional 1-2 minutes.

Add all remaining ingredients and bring to a simmer, adding water to achieve desired consistency. Simmer at least 30 minutes. A longer simmer will allow the flavors more time to develop.

Serve each bowl with $\frac{1}{2}$ cup of Greek yogurt on top - it makes a great substitute for sour cream!

Servings: 4

Nutrition information per serving:

Calories 430, Total Fat 12g, Saturated Fat 2g, Sodium 625mg, Carbohydrates 66g, Fiber 15g, Protein 26g.

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Ingredients

- » $\frac{1}{4}$ cup olive oil
- » 2 bell peppers, chopped
- » 1 large onion, chopped
- » 6 garlic cloves, minced
- » 1 can pumpkin puree
- » 2 Tbsp tomato paste
- » 1 15-ounce can stewed tomatoes, no salt added
- » 2 15-ounce cans low-sodium black beans, drained and rinsed
- » 1 Tbsp chili powder
- » 1 Tbsp pumpkin pie spice
- » 1 tsp cumin
- » 1 tsp chipotle powder
- » Ground black peppers, to taste
- » Balsamic vinegar, to taste
- » 1-2 cups water
- » 2 cups plain 0% Greek yogurt, to serve

