



Black Bean and Pumpkin Chili

Ingredients

2 tablespoons olive oil
1 medium onion, chopped
1 medium sweet yellow pepper, chopped
3 garlic cloves, minced
2 cans (15 ounces each) black beans, rinsed and drained
1 can (15 ounces) solid-pack pumpkin

1 can (14 1/2 ounces) diced tomatoes, undrained
3 cups chicken broth
2 1/2 cups cubed cooked turkey or chicken
2 teaspoons dried parsley flakes
2 teaspoons chili powder
1 1/2 teaspoons ground cumin
1 1/2 teaspoons dried oregano
1/2 teaspoon salt
Cubed avocado and thinly sliced green onions, optional

Directions

In a large skillet, heat oil over medium-high heat. Add onion and pepper; cook and stir until tender. Add garlic; cook one minute longer.

Transfer to a 5-quart slow cooker; stir in the next 10 ingredients. Cook, covered, on low four to five hours. If desired, top with avocado and green onions. Yield: 10 servings (2 1/2 quarts).

Nutritional Facts

1 cup:
192 calories
5g fat (1g saturated fat)
658mg sodium
21g carbohydrate
7g fiber
16g protein

Submitted by: MSU Extension

Source: Taste of Home