



Turkey & Pumpkin Chili



Prep Time

5 mins

Cook Time

30 mins

Total Time

35 mins

Ingredients

- 1 tablespoon olive oil
- 1/4 onion diced
- 1/2 bell pepper diced (I used yellow)
- 1 clove garlic minced
- 1 can black beans drained and rinsed

- 1/2 cup frozen butternut squash
- 1/2 can pumpkin puree not pumpkin pie filling
- 1 can diced tomatoes 15 ounce
- 2 cups low sodium chicken broth
- 2 cups cooked turkey breast cubed
- 1/2 teaspoon dried parsley
- 1/8 teaspoon chili powder
- 1/2 teaspoon dried oregano

Directions

1. Heat olive oil in a medium Dutch oven.
2. Saute onion, bell pepper, and garlic over medium heat for about 5 minutes or until vegetables are soft.
3. Add remaining ingredients.
4. Reduce heat to medium-low.
5. Simmer for 20-25 minutes.
6. Serve with optional low-fat sour cream and cheddar cheese.