



Pumpkin Chili

Makes 6 servings | Protein • Vegetables

Ingredients

- ½ pound lean ground meat (beef, turkey, or game)
- ½ cup onion, chopped
- 2 garlic cloves, minced (1 teaspoon minced or ½ teaspoon powder)
- ½ cup green bell pepper, chopped
- 3-4 cups pinto or kidney beans cooked or 2 15-ounce cans, drained
- 1 15-ounce can whole tomatoes
- 1 8-ounce can tomato sauce
- 1 15-ounce can pumpkin, or 2 cups freshly cooked pumpkin, pureed
- 1 4-ounce can green chilies, drained
- 2 cups water
- 1 Tablespoon chili powder
- 1 teaspoon cumin

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Brown meat, onion, garlic, and bell pepper in a large pot. Drain fat.
3. Add remaining ingredients. Cover and simmer for 30 minutes or longer. Add a small amount of water if chili gets too thick.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyocnp.org/wrir/>
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