

Pumpkin Bean Chili

Pumpkin is the secret ingredient in this chili. It provides a smooth rich texture. This chili has lots of healthful ingredients. The Italian turkey sausage gives it great flavor.

1/2 tablespoon canola oil
1 large onion, chopped
2 stalks celery, diced
1 pound Italian turkey sausage or ground beef
1 can (15 ounces) black beans, drained and rinsed
1 can (15 ounces) great northern beans, undrained
1 can (15 ounces) kidney bean, partially drained
1 can (15 ounces) petite diced seasoned tomatoes
4 cups fat-free chicken broth
1 can (15 ounces) canned pureed pumpkin
2 teaspoons chili powder
1/4 teaspoon cumin
1/8 teaspoon cinnamon
salt and pepper to taste

In a large soup pan, heat oil. Add onion and celery cook until tender. Remove from pan and set aside. Add sausage to pan and cook until lightly brown. Stir to crumble meat. Add reserved onions, celery, beans, tomatoes, chicken broth, pumpkin, chili powder, cumin, and cinnamon. Stir to mix. Bring to a boil, reduce heat, and simmer for 20 - 30 minutes. Add salt and pepper to taste.

If soup is too thick, add additional broth to thin to desired consistency.

Serves 10

Nutritional Information per serving:

Calories	Fat, gm.	Protein, gm.	Carbs, gm.	Cholesterol, mg.	Fiber, gm.
370	9	27	45	40	14

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