

# Kidney Bean Chili with Pumpkin

**Servings: 4**

*This is a modified version of a chili recipe from Whole Foods that originally included ground turkey. If you are in a hurry, using canned kidney beans can be a great time saver.*

## Ingredients:

- 2 tablespoons *olive oil*
- 1 small *yellow onion*, chopped
- 1 *green bell pepper*, seeded, chopped
- 2 *jalapenos*, seeded and finely chopped
- 2 *cloves garlic*, finely chopped
- 1 large *tomato*, diced, with its liquid
- 1  $\frac{1}{2}$  cups *pureed pumpkin*
- 1 cup *water*
- 1 tablespoon *chili powder*
- 1 teaspoon *ground cumin*
- $\frac{3}{4}$  teaspoon *sea salt*
- *Pepper* to taste
- 1  $\frac{1}{2}$  cups *kidney beans*, cooked, rinsed and drained (or canned)
- 1 slice *whole grain bread*



## Directions:

1. To yield 1 $\frac{1}{2}$  cups cooked kidney beans, use  $\frac{1}{2}$  cup dried kidney beans. Soak for 6-8 hours, rinse. In a small pot bring beans to a boil in 1 $\frac{1}{2}$  cups water. Lower heat and simmer for 1  $\frac{1}{2}$  hours or until tender.
2. In a large soup pot, heat oil over medium-high heat.
3. Add onion, bell pepper, jalapenos, and garlic. Cook, stirring frequently until tender.
4. Add tomatoes, pumpkin, water, chili powder, cumin, salt and pepper and bring to a boil.
5. Reduce heat to medium-low then add beans.
6. Cover and simmer, stirring occasionally for 30 minutes.
7. Ladle chili into bowls, top with cilantro and serve.

## Nutrition: (Serving size: $\frac{1}{4}$ <sup>th</sup> recipe)

calories: 263    protein: 11g    total carbohydrate: 42g    total fat: 8g  
sugars: 7g    sodium: 762mg    dietary fiber: 15g    saturated fat: 1g