

Vegetarian Pumpkin Chili

Servings: 7

Serving Size: 1.5 cups

Prep Time: 10 minutes

Total Time: 60 minutes

Ingredients:

4 Tbsp. olive oil, divided	1 small butternut squash	1 large yellow onion, chopped
2 green bell peppers, chopped	2 large carrots, chopped	2 cloves garlic, chopped
2 Tbsp. chili powder	1 Tbsp. cumin	1 tsp dried oregano
1/2 tsp cinnamon	2 tsp salt	1 tsp black pepper
4 cups low-sodium vegetable broth	1 Tbsp. tomato paste	1 Tbsp. apple cider vinegar
2 cups canned pumpkin puree	1 15 oz can each of low-sodium Red Kidney and Great Northern beans, drained and rinsed	
1 15-oz can diced tomatoes, undrained	1 avocado, sliced (for garnish)	1 cup fresh cilantro, chopped (for garnish)
1 cup plain, Greek yogurt (for garnish)		

Directions:

1. Preheat the oven to 425 degrees F. First, peel, seed and chop butternut squash into 1/4-inch cubes. Toss butternut squash with 2 Tbsp. olive oil in a large bowl. Arrange coated squash on a baking sheet and roast in the oven until squash is tender and lightly browned, 25 to 30 minutes.
2. While butternut squash is roasting, heat a large pot with 2 Tbsp. olive oil over medium heat. Sauté the onion for 3 minutes, then add the bell peppers and carrots. Sauté veggies until softened, but not completely cooked, about 10 minutes, stirring consistently.
3. Add the garlic, chili powder, cumin, oregano, cinnamon, salt and pepper to the veggies and cook an additional minute.
4. Next, add the broth, tomato paste, vinegar, canned pumpkin, tomatoes, beans and roasted butternut squash (about 2 cups). Bring mixture to a boil and then reduce to low-medium heat and let simmer for 30-35 minutes.
5. Serve topped with sliced avocado, fresh cilantro, and a dollop of Greek yogurt.

Nutrition Information per Serving: 360 calories, 15 g total fat, 2.3 g saturated fat, 13 g protein, 50 g carbohydrate, 14.6 g fiber, 888 mg sodium



Chef Notes:

You can use any type of bean for this chili or you can use other vegetarian protein sources such as crumbled tofu or tempeh. Grains such as wheat berries, kamut, or faro would also work well and add some texture to the chili.