



Black Bean and Pumpkin Chili

Recipe Source: www.melskitchencafe.com

Serves 8

Ingredients:

- 1 medium onion, chopped
- 1 medium sweet yellow pepper, chopped
- 1 Tbsp olive oil
- 3 garlic cloves, minced
- 2 cups low-sodium chicken broth
- 2 (15 oz) cans low-sodium black beans, rinsed and drained
- 2 ½ cups cubed cooked turkey
- 1 (15 oz) can solid-pack pumpkin
- 1 (14.5 oz) can diced tomatoes with juice
- 2 tsp dried parsley flakes
- 2 tsp chili powder
- 1 ½ tsp dried oregano
- 1 ½ tsp ground cumin
- ½ tsp salt

Steps:

- In a large 12-inch skillet, heat the oil over medium heat. Add the onion and yellow pepper to the skillet and sauté until barely tender, about 1-2 minutes. Add the garlic and cook one minute longer.
- Transfer the mixture to a slow cooker. Stir in the remaining ingredients to the slow cooker. Cover and cook on low 5 hours.

Tips from the Test Kitchen: Ground turkey can be used. Just brown it first in the skillet before cooking the vegetables, add it to the slow cooker, then sauté the onion, pepper, and garlic.

Nutritional Facts (per serving): Calories: 254, Carbohydrates: 30 grams, Protein: 21 grams, Total Fat: 7 grams, Saturated Fat: 2 grams, Cholesterol: 39 mg, Sodium: 375 mg, Fiber: 11 gram, Total Sugars: 5 grams.