

Pumpkin Chili

HolisticQ Signature Recipe

This is the season for Chili. This year, try this spicy chili recipe. The pumpkin and sweet potato add a fantastic richness and flavor. This recipe works well on the stovetop or slow cooker and is a perfect recipe for guests!

Ingredients:

2 lbs. ground meat of choice
1 15-oz. can of pumpkin puree
1 15 oz. can of diced tomatoes undrained
1 15 oz. can white (navy) beans undrained
1 medium size sweet potato cubed
4 Tablespoons chili powder
2 Tablespoons cumin
1 Tablespoon salt
1 tsp. garlic powder
1 tsp. onion powder
1 tsp. paprika
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. dried thyme

Serve with avocado, cheese, sour cream, and chips if desired!

Make the Chili!

- Brown the meat in a large heavy skillet and crumble to desired consistency. In a separate bowl, whisk all spices together and add to the browned meat. Mix well.
- Transfer meat with spices to a slow cooker, or a large stock pot.
- Stir in the pumpkin, diced tomatoes, and the navy beans. Combine well.
- If using a slow cooker, cook on high for 3 hours, add the cubed sweet potato and cook on high for 1 additional hour or until potatoes are done.
- If cooking on the stovetop, cook over medium heat, stirring occasionally, for 1 hour, then add the cubed sweet potato and simmer over medium low heat for 45 minutes, or until potatoes are done.
- Remove from heat and enjoy!