

# TURKEY PUMPKIN CHILI

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Canned pumpkin adds mellow background flavor and works to thicken up this turkey pumpkin chili. Smoked paprika adds flavor with a hint of spice. This chili is on the thicker side—if you want it thinner, add a bit more water.

Active Time: 15 mins | Total Time: 35 mins



## INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 medium yellow onion, chopped
- 1 small green bell pepper, chopped
- 3 cloves garlic, minced
- 1 lb ground turkey
- 1 (14.5 ounce) can fire-roasted diced tomatoes, undrained
- 1 (15 ounce) can no-salt-added black beans, rinsed
- 1 (15 ounce) can unseasoned pumpkin puree
- 1 ½ cups water
- 1 tablespoon chili powder
- 1 ½ teaspoons ground cumin
- 1 teaspoon smoked paprika
- ¼ teaspoon ground pepper
- ½ teaspoon salt
- 2 cups packed chopped curly kale leaves
- 4 tablespoons sour cream
- Chopped fresh cilantro for garnish

## DIRECTIONS

### STEP 1

Heat oil in a large saucepan over medium-high heat. Add onion, bell pepper and garlic. Cook, stirring often, until the vegetables are just tender, about 5 minutes. Add turkey and cook, stirring often, until browned, about 5 minutes. Stir in tomatoes, beans, pumpkin, water, chili powder, cumin, smoked paprika, pepper and salt. Bring to a boil over medium-high heat, stirring occasionally. Reduce heat to low; cover and simmer, stirring occasionally, until the flavors meld, about 20 minutes, adding kale during the last 5 minutes of cooking. Ladle into 4 bowls; top each with 1 tablespoon sour cream. Garnish with cilantro, if desired.

### MAKE AHEAD

Refrigerate in an airtight container for up to 5 days or freeze for up to 2 months.

## NUTRITION PROFILE

Egg Free | Gluten-Free | Healthy Pregnancy  
High-Protein | Nut-Free | Soy-Free

## NUTRITION FACTS

Per serving: Serving Size 1 3/4 cups 414 calories; total carbohydrate 36g; dietary fiber 11g; total sugars 9g; protein 31g; total fat 17g; saturated fat 4g; cholesterol 91mg; vitamin a 19260iu; sodium 467mg; potassium 890mg



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