

TURKEY PUMPKIN CHILI

Preparation: 10 minutes | Cooking: 40 minutes | Servings: 8

INGREDIENTS

2 pounds ground turkey
2 (14.5 ounce) cans fire roasted diced tomatoes
2-3 cloves garlic, minced
1 (14.5 ounce) can black beans, drained and rinsed
1 large onion
1 green bell pepper, small dice
1 yellow bell pepper, small dice
4 cups sugar pie pumpkin, cubed
2 1/2 cups chicken stock
2 cups mozzarella, shredded
1 cup sour cream
2 tablespoons adobo sauce
1 tablespoon vegetable oil
2 teaspoons cumin
1 teaspoon ground black pepper
1 teaspoon salt
Cilantro, avocado and pepitas for topping (optional)



INSTRUCTIONS

Heat oil in a large soup pot over medium heat. Sauté the onion and bell peppers until tender, about 5 minutes. Add the garlic, and sauté 3 minutes longer. Add in the turkey, and cook until evenly brown. Mix in tomatoes, pumpkin and chicken stock. Season with adobo sauce, cumin, pepper and salt. Reduce heat to low, cover and simmer 20 minutes or until pumpkin is tender. Add black beans, and simmer for 5 minutes longer. Serve topped with cheese, sour cream, cilantro and avocado. If desired, gently smash pumpkin chunks against the side of the pot before adding the black beans. This gives the chili a creamier texture.