

# Turkey Pumpkin Chili

This chili is sure to be a new favorite in your home.

Prep Time: 5 mins  
Makes: 10 cups

Source: <https://foodhero.org/recipes/turkey-pumpkin-chili>

## Ingredients

- 1 teaspoon oil
- 1 pound lean ground turkey (15% fat)
- 2/3 cup chopped onion (2/3 medium onion)
- 1/2 cup green pepper, seeded and chopped (about 1 small pepper)
- 2 cloves garlic, minced or 1/2 teaspoon garlic powder
- 1 can kidney beans, drained and rinsed (15 ounce or 1 3/4 cups)
- 1 can great northern beans, drained and rinsed (15 ounce or 1 3/4 cups)
- 1 can solid-pack pumpkin (15 ounce or 1 3/4 cups)
- 1 can crushed tomatoes (15 ounce or 1 3/4 cups)
- 1 can chicken broth, low sodium (15 ounce or 1 3/4 cups)
- 1/2 cup water
- 2 tablespoons brown sugar
- 1 package taco seasoning mix (1.25 ounces)

## Directions

1. Pour oil into a 4 quart (or larger) saucepan.
2. Add ground turkey, onion, green pepper and garlic.
3. Cook and stir, breaking meat apart until meat is brown and vegetables are tender.
4. Stir in the beans, pumpkin, tomatoes, broth, water, brown sugar and taco seasoning.
5. Bring to a boil. Reduce heat; cover and simmer for 1 hour.
6. Refrigerate leftovers within 2 hours



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	240
Total Fat:	7 g
Saturated Fat:	2 g
Cholesterol:	35 mg
Sodium:	460 mg
Total Carbohydrates:	29 g
Dietary Fiber:	6 g
Total Sugars:	8 g
Added Sugars:	3 g
Protein	15 g

## Utensils Needed

- Saucepan with lid
- Spoon
- Measuring cup
- Measuring spoon
- Cutting board
- Knife
- Can opener

# SHOPPING LIST

Average total cost : \$10.31

Average cost per serving: \$1.03

Recipe Makes: 10 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients

<input type="checkbox"/>		Add 1 to Cart Lean Ground Turkey, 1.3lbs	<input type="checkbox"/>		Add 1 to Cart Yellow Onion
<input type="checkbox"/>		Add 1 to Cart Green Pepper	<input type="checkbox"/>		Add 1 to Cart Garlic, 1 bulb
<input type="checkbox"/>		Add 1 to Cart Kidney Beans, 15.5oz	<input type="checkbox"/>		Add 1 to Cart White Beans, 15.5oz can
<input type="checkbox"/>		Add 1 to Cart Canned Pumpkin, 15oz	<input type="checkbox"/>		Add 1 to Cart Crushed Tomatoes, 15.5oz can
<input type="checkbox"/>		Add 1 to Cart Chicken Broth, 32 oz	<input type="checkbox"/>		Add 1 to Cart Taco Seasoning

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Chef's Notes

- To cut costs, use whatever veggies are in season, on sale, or already in your refrigerator.
- Save money and use seasonings you already have at home. Try 1 Tablespoon chili powder, 1 teaspoon ground cumin and 1 teaspoon oregano. Add some red pepper flakes if you like it spicier.
- Broth can be canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.
- Try using leftover turkey cut in bite sized piece instead of ground turkey. Saute the vegetables then add the turkey with the other ingredients.