



K-KITCHEN
MONTHLY RECIPES + NUTRITION COACHING

Pumpkin Chili

Ingredients

- 1 lb of ground beef
- Olive oil
- 1 large yellow onion, chopped
- 1 red or green pepper, chopped
- 2-3 cloves of garlic, chopped
- 2 cans of black beans, drained and rinsed
- 1 can of mashed pumpkin
- 2-3T chili powder
- salt/pepper to taste

Preparation

1. Heat oil in a large pot. Brown ground beef. Saute the chopped onion, pepper until tender.
2. Add beans, pumpkin and seasonings, stirring to incorporate.
3. Simmer on medium for 30 minutes.

Tips

This simple and nutritious chili can easily be doubled or spiced up, depending on your tastes.

If your kids hate veggies, this is an easy way to sneak them in unnoticed.

You can also easily add in chopped spinach.