

Pumpkin Chili

Prepared by Sherri Morris, UT Extension Agent, Fayette County

Ingredients:

1 lb. ground beef
½ cup chopped onion
1 can (16 oz.) pumpkin
2 cups water
1 can kidney beans
2 TB Dry Taco Seasoning Mix, OR 1 pkg taco seasoning mix
1 ½ tsp chili powder
Garnish:
1 cup reduced-fat shredded cheese (optional)
½ cup low-fat sour cream (optional)

Instructions:

Cook meat and onion until brown in a 3-quart saucepan. Drain.

Add pumpkin, water, beans, taco seasoning mix, and chili powder.

Bring to boil. Cover and simmer 30 minutes.

Garnish with cheese and sour cream.

Servings: 6

This recipe is from the University of Illinois Extension Program. The bright orange color of pumpkin is a dead giveaway that pumpkin is loaded with an important antioxidant, beta-carotene.