FOOD BANK
OF NORTHEAST GEORGIA

TURKEY PUMPKIN CHILI WITH BEANS

Ingredients

- **2 tablespoons** Olive Oil
- **1** medium Onion, diced
- **4** cloves Garlic, minced
- **1 Pound** Lean Ground Turkey (raw)
- **2** Tablespoons Chili Powder
- **1 teaspoon** Ground Cumin
- **1 teaspoon** Smoked Paprika
- **1 teaspoon** Salt, or more to taste
- **½ teaspoon** Black Pepper
- **1 (14 ounce)** can Crushed Tomatoes, or other canned tomatoes
- **1 (14 oz.)** can Pumpkin
- **2 (15-ounce** cans) Beans (any kind), rinsed and drained
- **1-2 cups** Chicken Broth, See recipe instruction #5

Instructions

Step 1: Heat a heavy 4-quart soup pot over medium heat. Add OIL and heat until shimmering.
Step 2: Add ONIONS and sauté until tender. Stir in GARLIC and sauté until fragrant, stirring as needed.
Step 3: Add the GROUND TURKEY and continue sautéing until it's mostly cooked through, stirring as needed.
Step 4: Stir in CHILI POWDER, CUMIN, PAPRIKA, SALT, and PEPPER. Sauté a few minutes until ground turkey is coated and seasonings are fragrant.
Step 5: Add TOMATOES (with juice), PUMPKIN, BEANS, and 1-2 cups BROTH.

Note: Use 1 cup of broth for a thicker, quicker chili, or 2 cups for a saucier chili you can simmer longer to develop flavor and thicken.

Step 6: Increase the heat and bring the chili to a boil, stirring as needed.
Step 7: Reduce the heat to low. Partially cover and simmer until the chili thickens to your liking, stirring as needed.