

Autumn Beef, Bean and Pumpkin Chili

4-6 servings | St. Elizabeth Healthcare

Ingredients

- 1 lb. very lean ground beef*
- 1 medium onion, chopped
- 3 cloves garlic, chopped
- 1 red bell pepper, chopped
- 2-4 tablespoons chili powder, to taste
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 3 cups fresh pumpkin, seeded and cubed
- 1 can black beans
- 1 can fire-roasted diced tomatoes
- 1 can low-sodium beef broth*
- 3/4 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1/2 cup fresh cilantro, chopped



Optional toppings:

- Fresh jalapenos, sliced
- Low-fat sour cream as a topping
- Green or yellow onions, chopped

Instructions

1. In a large pot, cook the beef, onion and garlic until until the beef is well done. Drain.
2. Stir in the rest of the ingredients, except the cilantro. Note: If substituting soy crumbles, add them here.
3. Bring to a boil; reduce heat to low and simmer 20 to 25 minutes or until the pumpkin is tender. Stir in cilantro.
4. Serve with desired toppings.

NOTE: Make this vegetarian by substituting soy crumbles for the beef and vegetable stock for the beef stock.

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