

# Pumpkin Chili

**Items Needed:** cutting board, knife, measuring cups, measuring spoons, soup pot, spoon

**Serves:** 8

## Ingredients:

- 2 tsp olive oil
- ½ large onion
- 1 small carrot
- 1 rib of celery
- 2-3 cloves of garlic
- ½ tsp oregano
- 1 tbsp chili powder
- 1 tbsp cumin powder
- 1 tsp smoked paprika
- Pinch of cinnamon and clove
- 1 ½ cup of pumpkin puree
- 2 cans of either red kidney beans, chili beans (rinsed and drained.)
- 1 large (28 oz. can) crushed tomatoes
- 2 cups of vegetable stock
- 1 ½ cup of meatless crumble



## Directions:

1. Place a medium soup/saucepot over medium heat and add the olive oil.
2. While this comes to temperature, chop your onion, celery, carrot into small/medium dice. Mince garlic and add all the veggies to the pot.
3. Saute until the onion become translucent and the veggies are beginning to soften and caramelize on the bottom of the pot.
4. Add the spices and pumpkin to the pot and allow them to cook and marry together for a minute or two.
5. Add the tomatoes and the stock and bring soup to a simmer. Let the soup continue to simmer for approximately 15-20 minutes.
6. Add the beans and the crumbles to the soup and allow to cook for another 10 minutes.
7. Adjust seasoning to taste and serve.



## Nutrition Information (per ¼ recipe):

Calories: 153 Fat: 2.8 g Carbs: 15.9 g Protein: 10.8 g Fiber: 7.9 g Sodium: 586 mg

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