

Pumpkin Black Bean Chili Recipe



Yield: 8-9 servings of 1 cup chili

Ingredients

1 teaspoon olive oil
1 onion (1 1/2 cups), diced
2 bell peppers, diced
1 15-oz can tomato sauce
4 cups cooked black beans
4 teaspoons chili powder, more or less to taste
2 teaspoons ground cumin
1-2 teaspoons paprika, more or less to taste
1 teaspoon chili flakes, optional
1 teaspoon freshly ground black pepper
1 teaspoon Mexican oregano
4 cups diced tomatoes
1 15-oz can pumpkin puree
6 cloves of garlic, minced
Pumpkin seeds for garnish

Instructions for Adults

Assist with stovetop cooking for safety.

Instructions for Kids

- Heat a 4-quart pot over medium-high heat. Add the oil, onion, and bell peppers. Sauté the onion and bell peppers for 3-5 minutes or just until beginning to brown and the onions begin to turn translucent.
- Add the tomato sauce and the black beans (do not drain the liquid) and bring to a simmer.
- Add the spices and stir to combine. Stir occasionally, scraping the bottom of the pan to ensure nothing is sticking to the bottom.
- Add the diced tomatoes, pumpkin puree, and garlic. Stir to combine. Simmer an additional 5 minutes minimum.
- Garnish with pumpkin seeds and serve. This will taste even better the next day!

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