

Pumpkin Chicken Chili

HERE'S WHAT YOU'LL NEED

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| 1 small onion, chopped | 2 cups low-sodium chicken broth |
| 1 green bell pepper, seeded and chopped | 1-1/2 tablespoons chili powder |
| 1 jalapeño, seeded and finely chopped | 1 tablespoon cumin |
| 4 tablespoons minced garlic | |
| 1-1/2 pounds ground chicken | |
| 2 15-oz. cans diced tomatoes, undrained | |
| 1 15-oz. can pure pumpkin | |

LET'S GET STARTED

1. Cook chicken over medium high heat until browned to a safe temperature. Set aside.
2. Toss onions, garlic, and peppers with olive oil and salt and pepper over high heat. Stir until peppers are softened and onions are transparent.
3. Add tomatoes, broth, and pumpkin to peppers and onions. Stir in spices.
4. Mix in all other ingredients. Reduce to medium heat.
5. Simmer until ready to serve.