

Turkey Pumpkin Chili



Ingredients

2 T olive oil
1 small onion, chopped
1 green pepper, chopped
2 jalapeño, seeded and chopped finely
2 garlic cloves, finely chopped
1 lb/ ground white meat turkey
1 (14.5 oz) can diced tomatoes, with their liquid
1 (15 oz) can pumpkin (solid packed)
1 cup water
1 T chili powder
1 t ground cumin
1/2 t salt
Ground black pepper, to taste

Directions

Heat oil in a large pot over medium heat. Add onion, bell pepper, jalapeños and garlic and cook, stirring frequently until tender, about 5 minutes. Add turkey and cook until browned. Add tomatoes, pumpkin, water, chili powder, cumin, salt and pepper and bring to a boil. Reduce heat to medium low. Cover and simmer, stirring occasionally, for 30 minutes more. Ladle chili into bowls and serve.