

# PUMPKIN TURKEY CHILI

Yield: 6 Servings



**TOTAL TIME:** 30 minutes

## INGREDIENTS

- 1 Tbsp. vegetable oil
- 1 cup onion (chopped)
- ½ cup green bell pepper (chopped)
- ½ cup yellow bell pepper (chopped)
- 1 clove garlic (minced)
- 1 pound ground turkey
- 1 (14.5 oz.) can diced tomatoes
- 2 cups pumpkin puree
- 1½ Tbsp. chili powder
- ½ tsp. ground black pepper
- 1 dash of salt
- ½ cup sour cream (optional)

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## PREPARATION

1. Heat the oil in a large skillet over medium heat, and sauté the onion, green bell pepper, yellow bell pepper and garlic until tender.
2. Stir in the turkey and cook until evenly brown. Drain, and mix in tomatoes and pumpkin.
3. Season with chili powder, pepper and salt.
4. Reduce heat to low, cover and simmer 20 min.
5. Serve topped with sour cream.

## NUTRITION

**Per serving:** Calories: 285; Fat: 16.6 g; Cholesterol: 76 mg; Carbohydrates: 14.9 g; Protein: 21.3 g; Fiber: 5.6 g; Sodium: 321 mg.

Recipe courtesy of All Recipes