



# Pumpkin Chili

**Spice Rating: 5/10**

## ***Description:***

Pumpkin chili is a hearty and flavorful dish that combines the rich taste of pumpkin with the spiciness of chili. It's a perfect comfort food for fall and winter, packed with protein and veggies.

## ***Ingredients:***

- 1 cup pumpkin puree
- 1 cup black beans (cooked or canned)
- 1 cup diced tomatoes
- 1 cup vegetable broth
- 1/2 cup diced onions
- 1/2 cup diced bell peppers
- 1/2 cup corn kernels
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- Salt and pepper to taste

## ***Instructions:***

1. In a large pot, heat the olive oil over medium heat.
2. Add the onions, bell peppers, and garlic to the pot. Saute until onions are translucent and peppers are slightly softened, about 5 minutes.
3. Add the pumpkin puree, black beans, diced tomatoes, vegetable broth, corn kernels, chili powder, cumin, salt, and pepper to the pot. Stir well to combine.
4. Bring the chili to a boil, then reduce the heat to low and simmer for 20-30 minutes, stirring occasionally.
5. Taste the chili and adjust the seasonings if needed.
6. Serve hot and enjoy!