



# Crock Pot Pumpkin Chili

## ***Description:***

Crock Pot Pumpkin Chili is a hearty and flavorful chili recipe that combines the warmth of traditional chili with the rich and creamy taste of pumpkin. This dish is perfect for autumn and winter and is packed with protein and healthy ingredients.

## ***Ingredients:***

- 1 pound ground turkey or beef
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 can (15 oz) pumpkin puree
- 1 can (15 oz) black beans, drained and rinsed
- 1 can (15 oz) kidney beans, drained and rinsed
- 1 can (14.5 oz) diced tomatoes, undrained
- 1 cup vegetable broth
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon cinnamon
- Salt and pepper to taste

## ***Instructions:***

1. In a skillet, cook the ground turkey or beef until browned. Drain excess fat.
2. Transfer the cooked meat to a crock pot. Add the diced onion, minced garlic, pumpkin puree, black beans, kidney beans, diced tomatoes, vegetable broth, chili powder, cumin, cinnamon, salt, and pepper. Stir well to combine.
3. Cover the crock pot and cook on low for 6-8 hours or on high for 3-4 hours, until flavors are well blended and the chili has thickened.