

Crock Pot Turkey White Bean Pumpkin Chili

A perfect fall chili made with pumpkin puree, ground turkey, white beans, green chili and spices. Top this with chopped fresh cilantro, scallions, jalapeños, light sour cream, and/or reduced fat cheddar and serve it with baked chips on the side for a wonderful lunch or dinner.

I am so happy to share this one with you!!! Not all my crock pot experiments get me excited, but when they do they wind up here on Skinnytaste. The pumpkin is not sweet at all, in fact, if you don't mention it, no one would even know it's there but it does add beautiful color to the chili and for picky eaters, a great way to sneak in vegetables.

This is pretty mild as far as heat goes, if you want more kick use chipotle chili powder in place of the chili powder and use it according to your taste. Leftovers can be frozen, enjoy!

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Gina's Weight Watcher Recipes

Servings: 9 • **Serving Size:** 1 cup • **Old Points:** 5 pts • **Points+:** 6 pts

Calories: 272.5 • **Fat:** 2.5 g • **Protein:** 32 g • **Carb:** 31 g • **Fiber:** 12 g • **Sugar:** 2.4

Sodium: 499 (without salt)

Ingredients:

- cooking spray (I used my [Misto](#))
- 2 lb 99% lean ground turkey
- 1/2 tsp olive oil
- 1 small onion, chopped
- 3 garlic cloves, minced
- 1 tsp chili powder, to taste
- 2 bay leaves
- 2 tsp cumin
- 1 tsp oregano
- 2 (15 oz cans) white northern or navy beans (I prefer Goya) rinsed and drained
- 15 oz can pumpkin puree (not pumpkin pie filling)
- 4.5 oz canned chopped green chile
- 2 cups low sodium, fat free chicken broth
- chopped cilantro and chives for topping
- salt and pepper to taste
- low fat sour cream for topping (optional)

Directions:

Heat a large heavy saute pan over high heat and lightly spray with oil. Add meat and cook, breaking it up until white, about 5 minutes. Add to crock pot.

Add oil to the saute pan, then onions, garlic, **sauté** about 3 - 4 minutes; **add** cumin and **sauté** another minute.

Add to crock pot. Add beans, pumpkin puree, green chilis, broth, chili powder, oregano, and bay leaves. **Cover** and **cook** on high for 4 hours or low for 8 hours.

Remove bay leaves and **adjust** seasoning to taste before serving. Enjoy!