

Recipe of the Month

Pumpkin Chili

Did you know that Springfield was declared the “chilli capital of the world?” (Yes, spelled with two L’s instead of one) The Illinois legislature issued a proclamation in 1993 declared this to be true. Horseshoes don’t have anything on the chilli.

Here’s a chili recipe for you to try -- adding pumpkin for a little fall twist. Pumpkin is loaded with Vitamin A (enhances immunity) and fiber (keeps you full), and is low in calories, making it an all-around all star food.

What You’ll Need:

- 2 cups of canned pumpkin
- 1 package of lean ground protein (turkey/beef/chicken/veggie blend)
- 1 can of red kidney beans
- 2 chopped onions (or use minced onion to save time)
- 2 cans of diced tomatoes
- Chili powder (season to your specific taste)
- ¼ teaspoon of red pepper
- 1 teaspoon of salt
- 2 bay leaves (optional)
- 1 cup mushrooms (optional)

How to Prepare:

1. Cook your protein in a skillet until cooked through
2. Place cooked protein into large pot
3. Add all of your ingredients to the pot and set to cook on low for two hours
4. Check and stir occasionally
5. Serve with crackers if you’d like

Sources:

<http://www.pumpkinook.com/cookbook/recipe11.htm>

<http://www.webmd.com/food-recipes/features/pumpkin-recipes-packed-nutrition>