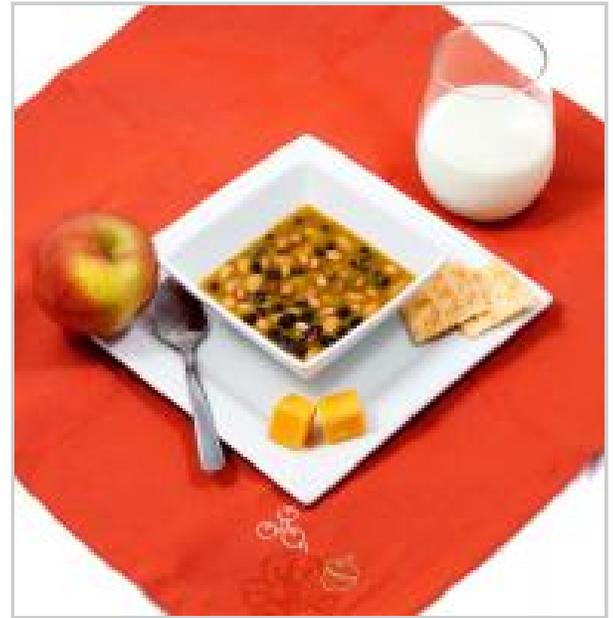


Harvest Chili

Makes: 6 Servings

Ingredients

6 cups vegetable stock, low sodium
2 cups pumpkin, canned
2 cups navy beans, canned
1 cup black beans, canned
1 cup Great Northern Beans, canned
1/2 teaspoon cumin
1/2 teaspoon onion, minced, dried
1/8 teaspoon white pepper
1/8 teaspoon garlic powder
12 ounces ground turkey or pork



Directions

1. Add vegetable stock and pumpkin to large pot. Cook over medium heat on stovetop, stirring occasionally.
2. Drain the Great Northern beans, add to food processor, and puree.
3. Add the pureed beans to the pot.
4. Drain Navy beans and black beans and add them to the pot, stirring everything together.
5. Add all the spices to the pot and stir until ingredients are mixed well.
6. Bring chili to a boil and let simmer (covered) for at least 30 minutes.
7. Remove chili from heat. Allow it to stand for 10 minutes to thicken.
8. Add any additional ingredients such as ground turkey or pork.
9. Serve immediately.