

Turkey, Pumpkin, and White Bean Chili

Prep time: 15 mins | Cook time: 4-8 hours

Servings: 6 | Yields: 12 cups

INGREDIENTS

Cooking oil
2 lbs lean ground turkey
1 onion, diced
3 cups frozen spaghetti mix vegetables
5 cloves garlic
2 tbsp chili powder
2 tsp cumin
2 bay leaves
1 large can (443 ml) pumpkin puree
2 cups white beans, drained and rinsed
2 cups chicken broth

METHOD

1. Set slow cooker to high and add 1 tbsp oil. Sauté ground turkey until fully cooked.
2. Add onions, garlic, spices and sauté cook on high for 5 more minutes.
3. Add spaghetti mix vegetables and stir together.
4. Add beans, pumpkin puree, broth, and bay leaves.
5. Cover and cook on high for 4 hours or low for 8 hours.
6. Remove bay leaves and adjust seasoning to taste before serving.
7. Serve with a whole grain roll and enjoy!

**Recipe can also be made with a large pot and a lid on the stove (see video for these instructions).*

