

PANTRY PUMPKIN CHILI

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 10 (Serving= 1 cup)

Nutrition (per serving)

Calories: 148

Total Fat: 1.5 g

Saturated Fat: 0 g

Sodium: 499 mg

Total Carbohydrate: 26 g

Dietary Fiber: 7.5 g

Protein: 7 g



Ingredients

- 1 Tablespoon canola oil
- 1 small onion, diced
- 2 – 16 ounce cans beans, drained and rinsed (pinto, kidney, black, garbanzo)
- 1 – 14.5 ounce can diced tomatoes, drained and rinsed
- 2 – 8 ounce cans tomato sauce
- 1 – 15 ounce can 100% pure pumpkin
- 4 cups unsalted cooking stock (chicken, beef or vegetable) (make sure gluten free for GF version)
- 3 Tablespoons brown sugar
- 1 Tablespoon chili powder
- 1 ½ Tablespoons ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon ground cinnamon



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Directions

1. In a large saucepan or stock pot on medium-high heat, sauté onion in oil for 3-5 minutes.
2. Add remaining ingredients and stir well.
3. Bring to a boil, turn heat down to low and simmer for 30-40 minutes.