

PUMPKIN CHICKEN CHILI

[Gluten Free (GF); Dairy Free]

Yield: 4-6 servings

cooking oil

1/2 onion, chopped

1/2 red bell pepper, diced

1 lb. 93% ground turkey

1/2 15 oz. can pumpkin puree

one 14.5 oz. can diced tomatoes, with their juices

1 Tblsp. tomato paste

5 C. low-sodium chicken broth (or with GF broth)

2.5 Tblsp. maple syrup; or 3 T. brown sugar

1 bay leaf

1 C. frozen corn

1/2 C. uncooked quinoa

one 15.5 oz. can white beans (such as cannellini or navy), drained and rinsed

2 cloves garlic, minced or finely grated; or granulated garlic to taste

1.5 tsp. chili powder

1 tsp. smoked paprika

1/2 tsp. ground cumin

1/2 tsp. turmeric

1/8 tsp. ground black pepper

1/8 tsp. cinnamon

1/8 tsp. allspice

3/4 C. coconut milk (opt.; softens spices and acidic tomatoes, replaces dairy, and adds hint of sweetness)

1 Tblsp. nutritional yeast (opt.; adds a savory, umami-rich, and slightly cheesy depth without dairy)

salt to taste

diced avocado, for garnish; or add directly to chili in pot (opt.)

chopped fresh parsley, for garnish (opt.)

1. Heat a large pot on medium heat. Then add the oil. Once the oil is hot, sauté the onion and red bell pepper, stirring frequently, until tender, about 5 minutes. Add the ground turkey and cook, stirring occasionally, until it has browned.
2. Stir in the pumpkin puree, tomatoes, tomato paste, chicken broth, maple syrup, bay leaf, corn, quinoa, and beans. Bring to a boil, then reduce the heat to medium-low and add the garlic and 7 spices. Cover and simmer, stirring occasionally for 15 minutes or until the quinoa is cooked. If desired, add coconut milk and nutritional yeast at end and heat through. Taste, and season with more spices, salt, or pepper, if needed.
3. To serve, ladle the warm chili into individual bowls and garnish each portion with avocado and/or parsley, as desired. Leftovers reheat well.