

Makes 4 servings
Total time: 40 minutes

Pumpkin Chili

Jersey City
Medical Center

RWJBarnabas
HEALTH

Green Apple RX, JCMC Food FARMacy
1825 John. F. Kennedy Boulevard, Jersey City, NJ 07305 | 201-839-2643

Ingredients

1 tablespoon olive oil
1 onion chopped
4 garlic cloves minced
1 cup pumpkin puree
1 cup tomatoes from the can
1 cup vegetable stock or water
1, 15 oz. can black beans
1, 7.5 oz. can garbanzo beans
1 tablespoon cumin powder
2 tablespoons chili powder,
salt and pepper to taste

Directions

1. In a large pot, cook chopped onion and minced garlic in olive oil for about 5 minutes until soft.
2. Add pumpkin, canned tomatoes, vegetable stock (or water), black beans, garbanzo beans, half the cumin and half the chili powder. Stir well and season with salt and pepper.
3. Taste chili and add the remaining cumin and remaining chili powder (or more), if desired.
4. Bring to boil, then reduce to simmer and cook for 20 minutes. Stir occasionally.