

WHAT'S IN SEASON ...



HEARTY TURKEY PUMPKIN CHILI

* Gluten Free: This recipe is already gluten free!

INGREDIENTS:

- 2 Tbsp olive oil
- 1 onion, chopped
- 2 large carrots, chopped
- 2 stalks celery, chopped
- 2 garlic cloves, minced
- 1 Tbsp ground coriander
- 1 Tbsp ground smoked paprika
- 1 tsp ground cumin
- ½ tsp crushed red chili pepper
- ½ tsp freshly ground Kosher salt
- ½ tsp freshly ground black pepper
- 1 ½ pounds ground turkey
- 2 Tbsp chopped (or 1 teaspoon dried) fresh thyme, rosemary or sage
- 1 15-ounce can unsweetened pureed pumpkin

DIRECTIONS:

- Pour the oil into a 4 or 5 quart soup pot or Dutch oven and place over medium heat. Add the onion, carrots and celery and cook until the vegetables are softened, stirring occasionally.
- Add the garlic and all the spices through the black pepper, stirring to coat in the oil. Add the turkey and cook until it's no longer pink, stirring and breaking the meat up with a spoon, about 8 minutes.
- Add the herbs, pumpkin, beans, and broth. Bring to a simmer, partially cover, and cook for 20 minutes, adjusting the heat so it doesn't boil.
- Remove from the heat and stir in the cream, if using. Taste and adjust the seasoning if needed. Serve warm in bowls.

NUTRITIONAL FACTS

6 SERVINGS
Calories: 300
Protein: 28 grams
Carbohydrates: 8 grams
Fat: 17 grams

CALORIE CONSIDERATIONS:

- To INCREASE calories: Include ½ cup heavy whipping cream and increase to 4 Tbsp olive oil (+100 calories per serving).
- To DECREASE calories: Omit heavy whipping cream and use ground turkey breast (-100 calories per serving).