

Pumpkin Chili

Pumpkin: It's not just for desserts!

By Lauren Miyashiro; Recipe By Sloane Layton Published: Aug 11, 2021

YIELDS: **6 - 8** serving(s)

PREP TIME: **25** mins

TOTAL TIME: **25** mins

Ingredients

1 tbsp. olive oil

1 lb. ground spicy Italian sausage

1 onion, chopped

1 red bell pepper, chopped

3 garlic cloves, chopped

1 1/2 tbsp. chili powder

2 tsp. ground cumin

1 tsp. kosher salt, plus more to taste

3/4 tsp. ground black pepper, plus more to taste

1/2 tsp. ground cinnamon

2 15 oz. cans fire-roasted tomatoes, not drained

Directions

- 1 |** In a large Dutch oven, heat the oil over medium heat. Add the sausage and cook, stirring to break into pieces, until browned and cooked through, 8 to 10 minutes. Using a slotted spoon, transfer the sausage to a paper towel lined plate to drain.
- 2 |** Add the onion and bell pepper to the Dutch oven. Cook over medium, stirring, until softened, 10 to 12 minutes. Stir in the garlic, cumin, chili powder, 1 teaspoons salt,

1 15 oz. can kidney beans, drained and rinsed

1 15 oz. can black beans, drained and rinsed

1 15 oz. can pumpkin puree

2 1/2 c. chicken broth

Roasted pumpkin seeds, sour cream, shredded sharp cheddar cheese and avocado, for garnish, if desired

Get ingredients with



3/4 teaspoon pepper and cinnamon. Cook, stirring, for 30 seconds.

- 3 | Stir in the tomatoes, kidney beans, black beans, pumpkin puree, chicken broth and sausage. Bring to boil over medium-high. Reduce heat to medium-low, cover and cook, stirring occasionally, until the flavors meld, about 20 minutes.
- 4 | Season the chili with salt and pepper. Serve, garnishing with pumpkin seeds, sour cream, cheese and avocado, if desired.