

# Pumpkin Chili

*Pumpkin puree gives this traditional chili a ton of body and fall flavor. Make a big batch of it to enjoy whenever the temperatures start to drop. To avoid the hassle of chopping, cleaning and roasting a whole pumpkin, using the store-bought puree is highly recommended for this recipe.*

## 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  
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

## Directions:

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.

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

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.

Season the chili with salt and pepper. Serve, garnishing with pumpkin seeds, sour cream, cheese and avocado, if desired.

