

PUMPKIN TURKEY CHILI

Makes 8 Servings

INGREDIENTS:

- 2 teaspoons canola oil
- 1 small onion, cut into ¼-inch dice (1 cup)
- 1 pound lean ground turkey
- One 28-ounce can crushed tomatoes, undrained
- One 15-ounce can 100% pumpkin purée
- One 15-ounce can pinto beans, drained and rinsed
- 1 cup frozen corn kernels, thawed
- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon ground cinnamon

Topping Choices: Shredded, reduced-fat Cheddar cheese, light sour cream or plain yogurt, fresh cilantro

DIRECTIONS:

1. Heat the oil in a large pot over medium heat. Add the onion and turkey and cook, breaking up the large pieces of meat, until no longer pink and the onions soften, about 5 minutes.
2. Add the tomatoes, pumpkin, beans, corn, chili powder, cumin, and cinnamon and stir until combined.
3. Raise the heat and bring to a boil. Lower the heat, cover, and simmer, stirring occasionally, until the flavors are blended, about 20 minutes. Serve in individual bowls with optional toppings.

Nutrition Information per Serving (about 1 1/3 cups):

270 calories, 9g fat (2g saturated, 0.3g omega-3), 310mg sodium, 30g carbohydrate, 10g fiber, 22g protein, 180% vitamin A, 25% vitamin C, 10% calcium, 20% iron

Recipe Created by Liz Weiss, MS, RD, co-author, No Whine with Dinner: 150 Healthy, Kid-Tested Recipes from The Meal Makeover Moms (<http://mealmakeovermoms.com>)

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