

Pumpkin Chili

Printed from Pumpkin Recipes at <http://www.pumpkinrecipes.org/>

Chili can be made in endless ways, but the best chilies are rich, chunky, spicy, and just a tad sweet. This

recipe is all those things, plus a little more. Pumpkin makes for an unexpected creamy chili base, which

creates an especially delicious dish. Perfect served with cornbread and sautéed greens.

Ingredients:

4 cups water
1 (15-ounce) can canned crushed tomatoes
1 (15-ounce) kidney beans, drained
1 (15-ounce) can pureed pumpkin
1 cup chopped onion
1 cup chopped red bell pepper
1 cup uncooked bulgur
1 cup chopped Serrano chili pepper
1 tablespoon chili powder
1 teaspoon minced garlic
1 teaspoon cumin
1 teaspoon salt

Directions:

Place all ingredients in a large saucepan, stir well to combine, and bring to a boil over high heat.

Reduce to

medium-low and simmer, covered, 35 minutes. Serve warm.