

# Black Bean & Pumpkin Chili

SERVINGS  
4-6

PREP TIME  
15 MIN

COOK TIME  
2 HR (TO 5 HRS)

TOTAL TIME  
2 HR 15 MIN

*This wonderful take on chili features a subtle pumpkin flavor and plenty of savory spices combined with tender tomatoes and hearty beans.*



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## Ingredients

## Directions

**This recipe can be easily doubled to serve a larger crowd or to ensure leftovers for another day.**  
*Instructions provided for both stovetop (2 hour cook time) and slow cooker cooking (2½ to 5 hours cook time).*

1

- Olive Oil
- 1 Medium Onion
- 1 Bell Pepper (Red, Yellow or Orange)
- 2 T Minced Garlic

**For Stovetop Cooking:** Choose 6 qt stockpot or larger for entire recipe.  
**For Slow Cooker Cooking:** Choose a medium skillet to cook the items in this section (#2) on a stovetop and then transfer to slow cooker to add remaining ingredients.

- Heat a drizzle of oil over medium heat in medium skillet.
- Dice onion and add to skillet.
- Dice pepper and add to skillet. Stir and cook until crisp tender.
- Stir in garlic and cook another 1- 2 minutes.

2

- 2 (15 oz) Cans Black Beans
- 1 (15 oz) Can Diced Tomatoes
- 1 (15 oz) Can Pure Pumpkin
- 3 Cups Vegetable Broth

- Drain & rinse beans and add to pot.
- Add tomatoes, pumpkin, and broth to pot. Mix well.

3

- 1 T Dried Italian Seasoning
- 1 T Chili Powder
- 1 tsp Cumin
- 1 tsp Salt

- Add seasonings and mix well.
- **For Stovetop Cooking:** Reduce heat to simmer and cook about 2 hours, stirring occasionally.
- **For Slow Cooker:** Cover and cook on high for 2½ hours or low for 5 hours.
- After chili has been cooking for about an hour, taste & adjust spices to your preference. *May likely need a little more salt or chili powder.*

4

- 1 (15 oz) Can Corn

- When cooking is complete, turn off stove or slow cooker.
- Drain corn and add to pot. Mix well and let sit about 10 minutes.

### OPTIONAL TO SERVE WITH:

- Diced Avocado
- Saltine Crackers
- Salt and Pepper to Taste

- If desired, dice avocado and add as topper to each bowl. Serve with saltine crackers and salt & pepper to taste.