

# Pumpkin Turkey Chili

**Yields: 6 servings**  
**Prep: 40-50 min**

## Ingredients

1 Tbsp vegetable oil  
1 yellow onion, chopped  
1 green bell pepper, chopped  
1 yellow bell pepper, chopped  
1 garlic clove, minced  
16 oz. ground turkey  
1-14.5 oz. can diced tomatoes  
1-16 oz. canned pumpkin puree  
1 1/2 Tbsp chili powder  
1/2 tsp black pepper  
Cheese, optional  
Sour Cream, optional

## Directions

1. Heat oil in a large pot over medium heat. Sauté onion, bell peppers and garlic until tender, about 5 minutes. Add ground turkey and cook until done, about 7 minutes. Add tomatoes and pumpkin. Add chili powder and pepper.
2. Simmer chili for 20-30 minutes.