

Seasonal Spoonful

November 2017

PUMPKIN



PUMPKIN CHILI

- 1 pound lean ground beef
- 1 medium onion, diced
- 1 green bell pepper, diced
- 1 yellow bell pepper, diced
- 1-2 jalapeños seeded & minced {OPTIONAL -depending on desired spiciness}
- 4 cloves garlic, minced
- 2 TBSP chili powder
- 2 tsp cumin
- 1 tsp paprika
- 2 (14) ounce cans no-salt-added diced tomatoes, with juices
- 4 cups chicken broth no salt added
- 15 ounce pumpkin puree
- 15 ounce black beans, rinsed & drained

What is it?

Pumpkins are a type of squash that are grown all over the world! They can be used in many dishes including soups and pies. They even have edible seeds! The pumpkins that are grown in Texas are harvested from September to November.

What Does it Taste Like?

Cooked pumpkin is sweet and has a soft texture. Many say that it tastes like a sweet potato.

FAST FACTS

The tradition of pumpkin carving was brought to America by Irish Immigrants



HIGH IN



Potassium
Vitamin A
Fiber

EACH
PUMPKIN
HAS
ABOUT
500
SEEDS

Kids in the Kitchen

You can cook too! Help your parents in the kitchen with this recipe by:

- Practicing opening cans with a can opener and adding canned ingredients to the chili
- Rinsing the black beans in a colander
- Measuring and adding chili powder, cumin, and paprika

INSTRUCTIONS

1. In a soup pot over medium-high heat. Add ground beef, onions, and bell peppers. Cook, breaking up meat, until meat is browned. Drain and return to pot.

2. Add jalapeños, garlic, chili powder, cumin, and paprika. Stir for a few minutes until fragrant, and add diced tomatoes & juices, chicken broth, and pumpkin. Stir well and bring to a boil. Reduce heat to a simmer and let simmer for about 15-20 minutes, stirring occasionally.

3. Stir in black beans and add any additional seasoning if needed. Enjoy!

Recipe Source: Living Well Kitchen