

# A Year of Healthy Soup!

## FALL COLLECTION

### Pumpkin Chili

Makes 4 quarts soup or 10 servings

- 1 Onion – diced (approx. 2 cups)
- 8 baby or 2 full Carrots – diced (approx. 1 cup)
- 2 small or 1 extra-large Red Pepper – diced (approx. 1½ cups)
- several Banana or Jalapeño Peppers (depending on heat preference) – diced (approx. 1½ cups)
- 1 Butternut Squash – diced (approx. 4 cups)
- 1 Fresh Pie Pumpkin or Sugar Pumpkin (2 small or 1 large Acorn Squash can be substituted) – diced (approx. 4 cups)
- 3 cloves Garlic – crushed
- ¼ cup Olive Oil (or Canola)
- Salt and Pepper
- 2 lbs. Ground Beef, Ground Chicken, or other Ground Meat
- 3 TBS. Chili Powder
- 2 TBS. Cumin
- 2 tsp. Paprika
- 2 tsp. Salt
- 2 tsp. Pepper
- 1 tsp. Dried Oregano
- 1 14.5 oz. can Whole Peeled Tomatoes (with liquid) – chopped
- 1 8 oz. can Tomato sauce
- 1 14.5oz. can Black Beans – rinsed
- 3 TBS. Fresh Cilantro – chopped
- 1 tsp. Tabasco (optional – more or less to taste)
- Juice of 1 Lime (optional)

Set oven to 350 degrees. Dice and chop the veggies and garlic, toss with olive oil and then lightly salt and pepper. Spread on a sheet or roasting pan, then roast approximately 45 minutes, stirring every 15 minutes, until they are fork tender, but not mushy. • While waiting for the veggies to cook, brown the ground meat in a soup pot or Dutch oven on the stove set to medium heat. When the meat is thoroughly cooked, drain any fat and leave the meat in the pot. • Add the spices, salt and pepper and stir for a few minutes. Then add the chopped tomatoes with liquid and tomato sauce. Turn heat down to medium-low. Let simmer for 10 minutes. Stirring occasionally to break down the tomatoes. • Add the black beans to the pot. Remove the veggies from the oven and add them to the pot as well. If they need a little more cooking time, they can be finished stove top. Either way, leave on the stove on medium-low heat until the flavors are melded. • Check and adjust seasoning. If soup is too thick, add some water. Just remember to check seasoning and adjust if needed. Add the fresh cilantro, and, if you want, some Tabasco, hot sauce, or lime. *Serve with fresh avocado.*