

Pumpkin Chili



5 from 1 vote

Hearty and delicious, Pumpkin Chili is the ultimate mash up of two of fall's most comforting foods! This chili has a unique, seasonal taste and is the perfect way to warm up on a chilly autumn day.

Prep Time
5 mins

Cook Time
25 mins

Total Time
30 mins

Course: Main Dish Cuisine: American, Beef, Gluten Free, Low Carb Servings: 8 servings
Calories: 432kcal Author: Lauren Vavala

Ingredients

- 1 tablespoon extra virgin olive oil
- 4 cloves garlic * minced
- 1/4 cup shallot * finely chopped
- 2 pounds ground beef
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons chili powder
- 1 tablespoon ground cumin
- 2 15 ounce cans pumpkin puree
- 1 14.5 ounce can fire roasted diced tomatoes
- 1 15.5 ounce can black beans, drained * leave out for keto version
- 1 cup beef bone broth * or stock
- 2 tablespoons adobo sauce * from canned chipotle peppers, optional

Instructions

1. Heat the olive oil over medium high in a Dutch Oven or large soup pot.
2. Add the garlic and shallots and cook 2-3 minutes, or until the shallots are just softened.
3. Add the ground beef to the pot and season with salt and pepper, then sprinkle on the chili powder and cumin.
4. Cook, breaking up, until no longer pink, about 5-7 minutes.
5. Lower the heat to medium and stir in the pumpkin puree, diced tomatoes, black beans (if using), beef stock, and adobo sauce.
6. Cook until heated through, then lower the heat and simmer at least 10 more minutes.

Notes

Tips and Techniques for the Best Pumpkin Chili

- **You can lower the total carb count** by eliminating or reducing the amount of black beans.
- **To make this chili spicy**, add 1 or more chopped chipotles, depending on just how spicy you prefer your chili to be.
- **Store leftover chili in an air-tight container in the refrigerator.** Use within 3-4 days.

** Nutritional information is an estimate and may vary.

Omit the black beans = 14g carbs, 5g fiber, 9 net carbs.

Nutrition

Serving: 1g | Calories: 432kcal | Carbohydrates: 23g | Protein: 26g | Fat: 26g | Saturated Fat: 9g | Cholesterol: 81mg | Sodium: 1350mg | Potassium: 781mg | Fiber: 8g | Sugar: 5g | Vitamin A: 17660IU | Vitamin C: 8mg | Calcium: 108mg | Iron: 6mg

