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## 30 Minute Pumpkin Chili

Serves 6 Prep Time: 30 minutes

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### INGREDIENTS

- 2 cups Water or Low Sodium Broth
  - 1 can 100% pure pumpkin
  - 1 can Chili ready seasoned tomatoes
  - 1 can chili ready beans
  - 1 Tablespoon chili powder
  - ½ Tablespoon cumin
  - 1 teaspoon ground cinnamon
  - Salt and pepper to taste
- Optional: 1 lb cooked ground turkey

#### OPTIONAL TOPPINGS:

- SOUR CREAM CHEESE, DICED ONION

### Instructions

1. **MIX AND HEAT** Combine all ingredients in a soup pot, stir well. Bring to a gentle boil on high heat, then reduce to medium high and cook another 20 minutes, stir frequently.
2. **TOP WITH YOUR FAVORITE TOPPING AND EAT!**

#### NUTRITION FUN FACTS:

Instead of flour we thicken this soup with a can of pumpkin, which is half of the carbohydrate of potatoes adds potassium and magnesium, and vitamin A.

When using beans instead of meat, you add filling fiber plus carbohydrate, making this entrée more nutritionally complete!

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### CUTTING SODIUM IN YOUR SOUPS, STEWS AND CHILI!

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To reduce sodium, you can use any of the following 3 strategies:

1. Choose the lower sodium varieties of tomatoes, beans and broth. There are even no salt added varieties of beans, tomatoes, and stock available.
2. Dilute your usual recipe or store bought item by adding an extra serving of fresh, unsalted vegetables and/or meat or canned, no salt added tomatoes and beans. Aim to add 3- 6 cups total to reduce sodium by 25-50%.  
**The bonus with this approach:** you are increasing the yield of your recipe while the cost per serving decreases along with the sodium count!
3. Make from scratch. Cut the high salt ingredients such as bouillon, chili seasoning packets and added salt in half. Then, add 30-50% more of the other spices to increase flavor while you reduce the salt.

#### NUTRITION FACTS:

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Serving Size: 1/ 6 of Recipe

**Calories** 107, **Total Fat** 1.1 g  
Saturated Fat 0.3 g, **Cholesterol** 0 mg  
**Sodium** 480 mg, **Potassium** 150 mg  
**Total Carbohydrate** 22 g  
Dietary Fiber 8 g  
**Protein** 6 g, Vitamin A 203 %,  
Vitamin C 15 % Calcium 11%  
Iron 12 % Magnesium 4 %

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