

**TURKEY PUMPKIN WHITE BEAN CHILI**  
(SLOW COOKER OR INSTANT POT) 9 1 cup servings

A perfect fall chili made with pumpkin puree, ground turkey, white beans, green chili and spices. Top this with chopped fresh cilantro, scallions, jalapenos, or cheddar and serve it with baked chips on the side for a wonderful lunch or dinner.

Cooking spray

2 lb. 99 % lean ground turkey

½ tsp. olive oil

1 small onion, chopped

3 garlic cloves, minced

1 tsp. Chili powder, to taste

2 bay leaves

2 tsp. Cumin

1 tsp. Oregano

2 (15 oz. cans) white northern or navy beans, rinsed and drained

15 oz. can pumpkin puree

4.5 oz. canned chopped green chile

2 c. low sodium chicken broth

kosher salt and pepper to taste

chopped cilantro, red onion or chives for topping

Greek yogurt or low-fat sour cream for topping (optional)

**DIRECTIONS:**

Heat a large heavy saute pan over high heat and lightly spray with oil

Add meat and cook, breaking it up until white, about 5 minutes. Add to crock pot.

Add beans, pumpkin puree, green chilis, broth, chili powder, oregano, and bay leaves.

Cover and cook on high for 4 hours or low for 8 hours.

Remove bay leaves and adjust seasoning to taste before serving. Enjoy

**INSTANT POT:**

Press saute and lightly spray with oil. Add meat and cook, breaking it up until white, about 5 minutes. Set aside.

Add oil to the saute pan, then onions, garlic, saute about 3-4 min.; add cumin and saute another minute. Return meat to the pot.

Add the beans, pumpkin puree, green chilis, broth, chili powder, oregano, and bay leaves.

Cover and cook on high pressure 25 minutes. Natural release.

Remove bay leaves and adjust seasoning to taste before serving.