

Pumpkin Chili

Bariatric Surgery patients can never have too many chili recipes. It's such a wonderful way to get good protein in but while enjoying so many flavor profiles!

This chili is yet another big flavor change bringing in the Fall flavor of Pumpkin. The canned pumpkin itself doesn't have much flavor so use it minimally to keep carbohydrates down, however, a small amount gives a fun and creamy texture. The real flavor comes in with the Pumpkin Pie Spice and the Chili Powder.

Ingredients:

- 1.5 lbs 93% lean ground beef
- 1 medium yellow onion, chopped
- 1 medium green bell pepper, chopped
- 1 (28 oz) can diced tomatoes, with juice
- 1/2 (15 oz) can black beans, rinsed
- 3/4 cup pumpkin puree
- 2 tbsp chili powder
- 1 tsp pumpkin pie spice
- 1/2 tsp salt
- 1/2 tsp pepper



Preparation:

1. In a medium saute pan, brown the ground beef, drain.
2. Add the onions and bell pepper and cook until onions are translucent, about 5 minutes.
3. In a slow cooker, combine the diced tomatoes, beans, pumpkin, chili powder, cumin, pumpkin pie spice, salt and pepper.
4. Stir to combine. Add in cooked beef mixture and stir. Cook on low 6 hours or high for 4 hours.
5. Optional suggestion: top with reduced fat Feta cheese crumbles.

Notes:

This recipe makes 6 servings. Each serving provides an estimated 28 grams protein, 17 grams carbohydrates and 13 grams fat.