

CROCK POT PUMPKIN CHILI

INGREDIENTS

- 2 cups yellow onion, chopped
- 6 cloves of garlic, chopped
- 1 cup carrots, shredded or chopped
- 1 Tbsp coconut oil (or oil of choice)
- 2 cans vegetable or chicken broth
- 1 can red kidney beans, rinsed
- 1 can white kidney beans, rinsed
- 1 can black beans, rinsed
- 2- 14 ounce cans fire-roasted diced tomatoes w/ green chilis (2 cans diced tomatoes and 2 small cans green chilis)
- 1 can pumpkin puree (no sugar added)
- 1 can light coconut milk
- 1 tsp paprika
- 1/8 tsp cayenne pepper (optional)
- 1/4 tsp salt
- 1/2 tsp cracked black pepper
- 1/2 tsp turmeric
- 2 Tbsp curry powder
- 1/2 Tbsp chili powder
- 1-2 pound chicken or turkey, shredded or ground
- feta/goat cheese (option garnish)
- fresh cilantro, chopped (optional garnish)



INSTRUCTIONS:

Place all ingredients into a large crock pot.

Cook on Low 8-10 hours.

Ladle into servings bowls.

Garnish with feta/goat cheese and fresh chopped cilantro if desired.

Makes 6-8 servings. Perfect for leftovers and tastes even better the next day!