

PUMPKIN TURKEY CHILI

Ingredients:

(serves 4 - 6)

- 1 tablespoon oil
- 1 cup chopped sweet onion (1 med.)
- 1 cup yellow bell pepper, diced
- 2 cloves garlic, minced
- 1 pound ground turkey
- 1 can diced tomatoes (28 oz)
- 2 cups pumpkin puree
- 2 tablespoons chili powder
- 1 teaspoon white or black pepper
- 1 teaspoon salt
- ½ cup shredded Cheddar cheese
- ½ cup sour cream



Directions:

In saucepan, heat the oil, onion, bell pepper, garlic. Stir until tender. Pour mixture into the crock pot (or slow cooker).

Put the turkey in the skillet and brown well. Add the turkey (do not drain) to the crock pot.

Add the tomatoes and pumpkin and spices to the crock pot.

Set on low and cook 4 to 5 hours.

Serve topped with Cheddar cheese and sour cream.



Daryl Wood Gerber

TASTY ~ ZESTY ~ DANGEROUS

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