



SMOKY PUMPKIN CHILI

Cook time: 45 minutes. Serves 4.

- 1 tablespoon ghee or avocado oil
- 1 medium white onion, chopped
- 4 cloves of garlic, minced
- 3 teaspoons chili powder
- 2 tablespoons smoked paprika
- 1 teaspoon oregano
- 1 jalapeño, minced
- 1 cup vegetable or bone broth
- 1 15oz can of pumpkin puree
- 2 15oz cans of adzuki beans, drained and rinsed
- 1 28oz can of fire roasted tomatoes
- Small handful of parsley, chopped
- 2 green onions, thinly sliced
- Salt and pepper to taste

In a medium saucepan, heat the oil over medium heat. Add the onion and sauté until translucent, 3-5 minutes. Add the garlic, jalapeño, and spices and cook for a minute until fragrant. Add the broth, pumpkin, tomatoes and beans. Simmer for 30 – 45 minutes to let the flavors meld.

Top with chopped parsley and green onions.

Notes on Substitutions: Don't like beans? Use ground turkey or grass-fed beef instead. Not feelin' the pumpkin? Try canned sweet potato. Don't have smoked paprika or jalapeño? Use a couple of canned chipotle chiles in sauce.