



# CROCK POT TURKEY WHITE BEAN PUMPKIN CHILI

Makes 6 servings

## INGREDIENTS

Cooking spray  
2 pounds, lean ground turkey  
1/2 teaspoon olive oil  
1 small onion, chopped  
3 garlic cloves, minced  
1 teaspoon chili powder, to taste  
2 bay leaves  
1 1/2 tablespoons cumin  
1 teaspoon oregano  
2 15 ounce cans white northern or navy beans, rinsed and drained  
15 ounce can pumpkin puree  
4.5 ounces canned chopped green chiles  
2 cups low sodium chicken broth  
Kosher salt and pepper to taste

## INSTRUCTIONS

Heat a large heavy sauté 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 oil to the sauté pan, then onions, garlic, sauté about 3 to 4 minutes; add cumin and sauté another minute. 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.

Optional toppings include chopped cilantro, red onion, chives, greek yogurt or low-fat sour cream.