

Pumpkin Chili

What You Need

- 2 lbs fresh cubed pumpkin
- 1 green pepper, diced
- 1 sweet onion, diced
- 6 cloves garlic, minced
- 1 cup pinto beans
- 1 cup chickpeas
- 1 cup kidney beans
- 2 cups tomatoes
- 2 cups vegetable stock
- 2 tbsp chili powder
- ½ tbsp cacao powder
- 2 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp fresh oregano
- ½ tsp Thai chili pepper
- ¾ tsp cinnamon
- ½ tsp ground ginger
- ¼ tsp ground cloves
- ¼ tsp allspice
- ¼ tsp nutmeg
- 3-4 cups vegetable stock
- Salt and pepper to taste

How To Cook

- 1 Heat a drizzle of olive oil in a large pot over medium heat. Add the onion and green pepper and cook for 5 minutes until softened. Stir in garlic, chili powder, cumin, smoked paprika, cinnamon, ginger, cloves, allspice, and nutmeg. Let the spices cook for 1 minute until aromatic, then add the cubed pumpkin and stir to coat evenly.
- 2 Pour in the vegetable stock and tomatoes, stirring to combine. Add the pinto beans, chickpeas, and kidney beans. Stir in the cacao powder, Thai chili pepper, and oregano. Season with salt and pepper to taste. Reduce the heat and simmer for 25-30 minutes, stirring occasionally, until the pumpkin is tender and flavors meld together.
- 3 Taste the stew and adjust seasoning as needed. Serve hot, garnished with fresh cilantro, avocado, or plant-based yogurt if desired. Pair with crusty bread or rice for a hearty meal. Enjoy!