



Spicy Pumpkin Chili



Gluten Free



Dairy Free



Popular

READY IN



90 min.

SERVINGS



10

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 15 ounce cannellini beans drained and rinsed canned
- ☐ 15 ounce kidney beans rinsed drained canned
- ☐ 15 ounce pumpkin puree canned
- ☐ 4 ounce tomato sauce with garlic and onions canned
- ☐ 8 ounce tomato sauce canned
- ☐ 2 teaspoons chili powder
- ☐ 14.5 ounce canned tomatoes diced fire roasted canned

- ☐ 1 teaspoon garlic minced
- ☐ 1 bell pepper green chopped
- ☐ 1 pound ground beef
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 large onion diced
- ☐ 29 ounce canned tomatoes diced canned
- ☐ 2 teaspoons pumpkin pie spice
- ☐ 1 bell pepper red chopped
- ☐ 0.5 teaspoon pepper flakes red crushed to taste
- ☐ 1 teaspoon salt to taste

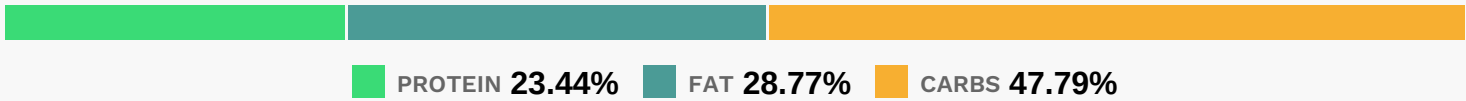
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat a large skillet over medium-high heat; cook and stir the beef in the skillet until crumbly and no longer pink, about 5 minutes. Stir in the red pepper flakes, garlic, and onion; continue cooking until the beef has browned and the onion has softened and turned translucent.
- ☐ Add the green and red bell pepper and cook 5 minutes more.
- ☐ While the beef is cooking, combine the kidney beans, black beans, Great Northern beans, tomato sauce, tomato sauce with garlic and onions, petite diced tomatoes, fire roasted diced tomatoes, and pumpkin puree in a large slow cooker. Season with pumpkin pie spice, chili powder, cumin, and salt. Stir in the ground beef mixture.
- ☐ Cook on Low until the chili is hot, 1 to 2 hours.

Nutrition Facts



Properties

Glycemic Index:28.4, Glycemic Load:4.75, Inflammation Score:-10, Nutrition Score:25.560434665369%

Flavonoids

Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 307.67kcal (15.38%), Fat: 10.2g (15.69%), Saturated Fat: 3.76g (23.51%), Carbohydrates: 38.11g (12.7%), Net Carbohydrates: 26.37g (9.59%), Sugar: 9.15g (10.16%), Cholesterol: 32.21mg (10.74%), Sodium: 881.93mg (38.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.69g (37.39%), Vitamin A: 7676.88IU (153.54%), Vitamin C: 40.07mg (48.57%), Fiber: 11.73g (46.94%), Manganese: 0.77mg (38.64%), Iron: 5.51mg (30.6%), Potassium: 1016.9mg (29.05%), Phosphorus: 281.96mg (28.2%), Vitamin B6: 0.52mg (25.82%), Folate: 101.82µg (25.46%), Copper: 0.5mg (24.87%), Magnesium: 93.84mg (23.46%), Vitamin B3: 4.35mg (21.73%), Zinc: 3.14mg (20.92%), Vitamin B1: 0.29mg (19.02%), Vitamin E: 2.6mg (17.34%), Vitamin B2: 0.28mg (16.57%), Vitamin B12: 0.97µg (16.18%), Vitamin K: 16.83µg (16.02%), Selenium: 10.68µg (15.25%), Calcium: 124.7mg (12.47%), Vitamin B5: 1.05mg (10.48%)