



Vegetarian Pumpkin Chili

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



540 min.

SERVINGS



6

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound black beans dry
- 1.3 ounce chili seasoning
- 10.8 ounce condensed tomato soup canned
- 1 bell pepper diced green
- 1 tablespoon ground cinnamon
- 1 teaspoon ground cloves
- 0.5 cup lentils
- 1 teaspoon nutmeg

- 0.5 teaspoon onion powder
- 1 cup pumpkin puree
- 6 servings water cold or as needed
- 2 tablespoons sugar white
- 2 tablespoons roux mix dry
- 2 tablespoons roux mix dry

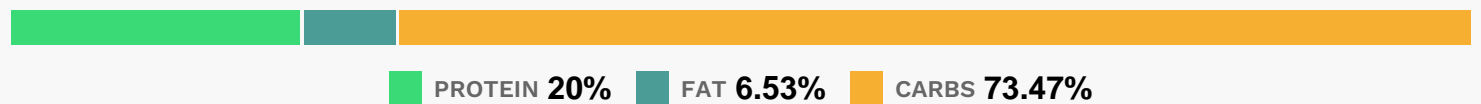
Equipment

- bowl
- pot
- microwave

Directions

- Place black beans into a large bowl and cover with several inches cool water; let soak 8 hours to overnight.
- Drain and rinse beans thoroughly; place in a large pot. Cover with 1 inch of water; add lentils. Bring mixture to a boil; stir in roux mix until fully incorporated. Cover, reduce heat, and simmer until beans are tender, about 30 minutes.
- Place diced bell pepper in a microwave-safe bowl; cook in the microwave until slightly tender, 30 to 60 seconds. Stir bell pepper, tomato soup, pumpkin puree, chili seasoning mix, sugar, cinnamon, nutmeg, cloves, and onion powder into bean mixture. Cover and simmer until flavors have blended, about 15 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:43.53, Glycemic Load:10.29, Inflammation Score:-10, Nutrition Score:24.865217333255%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol:

0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 246.22kcal (12.31%), Fat: 1.91g (2.93%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 48.25g (16.08%), Net Carbohydrates: 31.74g (11.54%), Sugar: 11.07g (12.3%), Cholesterol: 0mg (0%), Sodium: 212.96mg (9.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.13g (26.26%), Vitamin A: 9551.98IU (191.04%), Fiber: 16.51g (66.06%), Manganese: 1.24mg (62.14%), Folate: 199.58µg (49.9%), Vitamin C: 25.07mg (30.39%), Iron: 5.15mg (28.59%), Potassium: 972.15mg (27.78%), Magnesium: 106.27mg (26.57%), Vitamin B1: 0.39mg (25.92%), Phosphorus: 232.99mg (23.3%), Copper: 0.41mg (20.68%), Vitamin B6: 0.38mg (19.06%), Vitamin E: 2.54mg (16.91%), Vitamin K: 16.06µg (15.3%), Zinc: 2.12mg (14.16%), Vitamin B2: 0.19mg (11.09%), Vitamin B3: 2.1mg (10.51%), Vitamin B5: 0.86mg (8.64%), Calcium: 85.96mg (8.6%), Selenium: 4.41µg (6.3%)