

# Food Babe's Pumpkin Black Bean Chili



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	25 mins	30 mins	4

<https://foodbabe.com/perfect-hearty-weeknight-meal-pumpkin-black-bean-chili>

## Ingredients:

- 2 tablespoons coconut oil
- 1 yellow onion, diced
- 1 green bell pepper, diced
- 2 teaspoons garlic cloves, minced
- 1 jalapeño pepper, diced
- 2 cups pure pumpkin, diced
- 2 tablespoons ground chili powder
- 1 teaspoon ground cumin
- 1/8 teaspoon ground cloves
- 1 teaspoon sea salt
- 1 1/2 cups fresh tomatoes, diced
- 3 cups vegetable broth (without yeast extract)
- 2 cups cooked black beans
- 1 lime, sliced

## Instructions:

1. Heat the oil in a pot over medium heat. Add the onion, bell pepper, garlic, jalapeno and pumpkin. Cook for 4-5 minutes.
2. Add the chili powder, cumin, cloves, sea salt, diced tomatoes, vegetable stock and black beans. Cover and cook for 20 minutes. Season with additional salt and black pepper to your liking.
3. Take off the heat and place some of the chili in a bowl and top with fresh lime juice and desired toppings. Enjoy!
4. Recommended toppings include: goat or cheddar cheese, tortilla strips, scallions, cilantro, and sour cream.

## Notes:

- Please choose all organic ingredients if possible.