



SLOW COOKER PUMPKIN CHILI

A bold soup with the perfect blend of spices.

INGREDIENTS

Prep Time: 15 minutes

Cook Time: 4-6 hours

Servings: 6

2 pounds ground beef
1 red bell pepper diced
1 green bell pepper diced
1 yellow onion chopped
1 can yellow corn
1 can (15 oz) kidney beans
1 can (15 oz) pinto beans
1 can (15 oz) black beans
1 can diced tomatoes with juice
1 (6 oz) can tomato paste
1 (15 oz) can pumpkin puree
2 cups beef broth
2 tablespoons chili powder
2 teaspoons cumin
1 1/2 teaspoons salt
1/2 teaspoon black pepper
1 1/2 tablespoon dried oregano
1 1/2 teaspoon garlic powder
3 bay leaves

DIRECTIONS

1. In a medium sized pan, cook and crumble ground beef until almost done. Throw in the bell peppers and onions. Remain cooking until beef is no longer pink.

2. If desired, add a liner to the slow cooker. (You can opt without one; the liner just makes for easier cleanup.) Combine the ground beef, beans, corn, tomatoes, tomato paste, pumpkin, broth, cumin, oregano, garlic powder, salt, pepper, and chili powder in the slow cooker. Stir. Place the bay leaves on top of the mixture.

3. Set the slow cooker to low and allow it to cook for 4-6 hours. Remove the bay leaves before serving. Enjoy!

*This chili can be frozen for up to 6 months. Cool completely before freezing.