

CHILI

¾ cup chopped sweet onion

½ cup green pepper

1 ½ teaspoons dried oregano

2 garlic cloves, minced

1 teaspoon ground cumin

1 teaspoon olive oil

1 can (16oz) kidney beans, rinsed and drained

1 can (15 ½ oz) great northern beans, rinsed and drained

1 can (15 oz) solid packed pumpkin

1 can (15 oz) crushed tomatoes

1 can chicken broth

Water if needed

2 T brown sugar

2 T chili powder

½ teaspoon pepper

1 lb ground turkey, browned

In large saucepan, sauté the onion, green pepper, oregano, garlic, and cumin in oil until vegetables are tender. Stir in beans, pumpkin, tomatoes, broth, water (if needed), brown sugar, chili powder, and pepper; bring to a boil. Reduce heat; cover and simmer for 1 hour. Add turkey and heat through.