

## Chunky Pumpkin Chili

A diabetic-friendly recipe

### Ingredients:

- 1 cup diced yellow onion
- 1 green bell pepper, seeded and diced
- 1 red bell pepper, seeded and diced
- 2 tablespoons minced garlic
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon ground cinnamon
- 3 teaspoons ground cumin
- 2 teaspoons chili powder
- 2 cups vegetable broth
- 3 (14-ounce) cans petite diced tomatoes, not drained
- 2 (15-ounce) cans pinto beans, drained and rinsed
- 1 (15-ounce) can kidney beans, drained and rinsed
- 1 (15-ounce) can pumpkin puree
- 1 large sweet potato, peeled and diced
- Sour cream and chopped fresh cilantro for garnish



### Directions

1. Place all ingredients (minus sour cream and cilantro) into the bowl of a large slow cooker.
2. Cook on low for 8 hours. Garnish with sour cream and cilantro when serving.

*Makes 10–12 servings*

*To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.*