



ME Recipe: Emily's Paleo Pumpkin Chili

Ingredients:

- 1.5 pounds ground beef or turkey or venison
- 1 yellow onion diced (or use 1.5 cups frozen)
- 1 bell pepper diced (or use 1 cup frozen)
- 2 cloves minced garlic (or use 2 tbsp jarred minced garlic)
- 2 -28oz can fire-roasted tomatoes (organic preferred)
- 1 14 oz organic canned pumpkin
- 1 cup organic chicken broth
- 1 tbsp. cinnamon
- 1 tsp chili powder
- Optional: Several handfuls of spinach, mustard greens or kale

Directions:

Sautee Onions and Garlic in 1 tbsp. olive oil over medium heat for 2-3 minutes. Add meat to pan and cook until browned. Add meat mixture and all other ingredients to crock pot. Cook on low for 7 hours. If desired, add greens during last hour of cooking. Makes 6 servings. Serving Suggestion: Serve with a side of kale sautéed with mushrooms and a bit of olive oil.