WHAT'S COOKING IN THE MARKET?
Pumpkin Turkey Chili

Servings: 6

Ingredients

1 tablespoon vegetable oil
1 cup chopped onion
1/2 cup chopped green bell pepper
1/2 cup chopped yellow bell pepper
1 clove garlic, minced
1 pound ground turkey
1 (14.5 ounce) can diced tomatoes
2 cups pumpkin puree
1 1/2 tablespoons chili powder
1/2 teaspoon ground black pepper
1 dash salt
1/2 cup shredded cheddar cheese
1/2 cup sour cream

Directions

1. Heat the oil in a large skillet over medium heat, and sauté the onion, green bell pepper, yellow bell pepper, and garlic until tender.
2. Stir in the turkey, and cook until evenly brown.
3. Drain, and mix in tomatoes and pumpkin.
4. Season with chili powder, pepper, and salt.
5. Reduce heat to low, cover, and simmer 20 minutes.
6. Serve topped with cheddar cheese and sour cream.

NUTRITION INFORMATION PER SERVING

Key Nutrients	Amount	% Daily Value
Total Calories	285	
Total Fat	17g	25%
Saturated Fat	6g	
Trans Fat		
Cholesterol	76mg	25%
Sodium	321mg	13%
Carbohydrates	15g	5%
Dietary Fiber	6g	
Sugars	7g	
Protein	21g	

MYPLATE FOOD GROUPS

- [ ] Grains
- [ ] Fruits
- [x] Vegetables
- [x] Protein
- [ ] Dairy

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