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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| One-Pot Pumpkin Quinoa Chili |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ingredients |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 tablespoon – olive oil |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 medium – onion |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 cup, cubes – butternut squash |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 30 ounce – pinto beans, canned |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 3/4 cup – pumpkin, canned |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 14.5 ounce – diced tomatoes, canned |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 cup – vegetable broth |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1/2 cup – quinoa, uncooked |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 tablespoon – chili powder |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 teaspoon – cumin, ground |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 1/2 teaspoon – paprika |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 teaspoon – coriander |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 teaspoon – salt |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 teaspoon – black pepper, ground |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 teaspoon – maple syrup, pure |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1/2 teaspoon – lemon juice |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Toppings:** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1/4 cup – guacamole |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1/4 cup – Sour cream, light |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Directions |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Heat the oil over medium heat in a large stock pan or dutch oven. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chop onion and squash (if not buying frozen) and add to pan. Saute for 3 - 5 minutes until onions have softened. |  |  |  |  |  |  |  |  |
| Pour in beans, pumpkin, tomatoes, and broth and stir to combine. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Add in quinoa and spices (through pepper) and bring to a boil. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Once boiling, reduce heat to a simmer, cover, and let cook for 30 - 40 minutes until the squash and quinoa are tender. |  |  |  |  |  |  |  |  |
| Stir in maple syrup and lemon juice, and adjust seasonings as needed. (If mixture is too thick, stir in a little more broth or water until desired consistency is reached). |
| Top with guacamole, sour cream, and/or fresh herbs if desired. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |