

PUMPKIN CHILI WITH FIRE-ROASTED TOMATOES, WHITE BEANS, AND TOASTED PEPITAS
by radish*rose

Adapted from [Thug Kitchen: The Official Cookbook](#)

Ingredients:

1 yellow onion, diced
1 carrot (or handful of baby carrots), cut in pieces no larger than a bean
1 red bell pepper, cored and seeded, diced
1 tsp. olive oil
3-4 cloves garlic, pressed or minced
1 tsp. soy sauce or tamari (you could also use [Bragg Liquid Aminos](#) if you can't do soy)
1/2 - 1 tsp. red pepper flakes (to taste)
2 1/2 T. mild chili powder
1 tsp. dried oregano
1 tsp. ground cumin
1 tsp. smoked paprika (optional)
1 can (14 1/2 oz.) fire-roasted diced tomatoes (if you can't find 'em, just use plain)
1 can (15 oz.) pumpkin puree (plain pumpkin, not pie filling)
2 c. vegetable broth or water
3 c. cooked beans, any kind (2 15-oz cans) - I used white cannellini beans
1 T. fresh lime juice

Optional toppings: chopped cilantro, plain Greek yogurt, toasted pepitas (pumpkin seeds). To toast the pepitas, just put a handful in a small dry saute pan over high heat (no oil) and shake or stir them every few seconds until they get nice and toasty!

Equipment: Large soup pot or Dutch oven, small saute pan if you want to make the toasted pepitas

Method:

Mix all your spices in a little bowl so you're ready when the time comes (red pepper flakes, mild chili powder, oregano, cumin, and smoked paprika).

In your large soup pot or Dutch oven, heat the oil over medium heat. Add onion, carrot and bell pepper, and saute them until they begin to brown, about 5 minutes. Add garlic, spices, and soy sauce, and cook all together for 30 seconds (it will smell AHMAZING while you are doing this!). Add water or broth, tomatoes, pumpkin, and beans and stir all together. Bring to a simmer, then lower heat and let simmer for about 15 minutes, stirring every now and then.

When done simmering, remove from heat and stir in the fresh lime juice. Serve immediately with your favorite toppings!

Original recipe: <http://radishrose.net/2014/10/26/pumpkin-chili-with-fire-roasted-tomatoes-white-beans-and-toasted-pepitas>

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