

Pumpkin Chili

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Ingredients:

- 2 c bell peppers, diced
- 2 c onion, diced
- 1 c mushrooms
- 1 clove of garlic
- 1-3 hot peppers, depending on preference
- 3 lbs chicken or beef, ground
- 1 Tbsp coconut oil or butter
- 1 whole cinnamon stick (or ground cinnamon)
- 3 Tbsp chili powder
- 2 Tbsp pumpkin pie spice
- 1 Tbsp cocoa powder
- 1 tsp coriander
- 3 c of pureed pumpkin
- 1 c chicken stock
- 1 c white wine
- 28 ounces of diced tomatoes with juice

Preparation:

1. Sauté the peppers, onion, mushrooms, garlic, and hot peppers in coconut oil or butter on stovetop.
2. In a separate pan, brown chicken/beef and combine.
3. Season mixture with cinnamon, chili powder, pumpkin pie spice, cocoa powder, and coriander.
4. Transfer to crockpot and add remaining ingredients. Set to low for 8 hours.