

# Pumpkin Veggie Chili

*Vegan, gluten-free, dairy-free*

Recipe by Jentry Lee Hull

Prep time: 30 minutes

Cook time: 35 minutes

Total time: 65 minutes

Yields 8 Servings

## **Ingredients**

- 1 large red or yellow onion, diced (Reserve 2 Tbsp of onion for garnish)
- 2 bell peppers, seeded and diced
- 2 zucchini squash, sliced lengthwise and chopped
- 1 large Anaheim or poblano pepper, roasted, seeded and chopped\*
- 4 cloves garlic, minced
- 1, 16oz package Beyond Beef, thawed\*
- 2 Tbsp chili powder
- 2 tsp Chile lime seasoning (Trader Joe's brand)
- 1/2 tsp Smoked Paprika
- 1/2 tsp red pepper flakes, optional
- 1 tsp pink Himalayan salt, or to taste
- 1, 14.5oz. can diced fire roasted tomatoes\*
- 1, 14.5oz can organic pumpkin puree
- 2-4 cups veggie broth or water\*
- 1 medium sweet potato or yam (keep skin on), cubed
- 1, 15oz. can black beans, drained and rinsed
- 1, 15oz. can pinto beans, drained and rinsed
- 1, 15oz. can kidney beans, drained and rinsed
- Juice from 1 lime

### ***Optional Toppings***

- Diced red/yellow onion
- Sliced green onion
- Vegan shredded cheese (VioLife Colby Jack)
- Cashew Sour Cream (Forager Organic Dairy-Free Sour Cream)
- Chopped Cilantro
- Cubed avocado

### ***Method***

- In a large stock pot over medium heat, sauté diced onion, bell peppers, zucchini, Anaheim/poblano peppers, and garlic for about 3-5 minutes, or until ingredients begin to caramelize.
- Scooch the veggie mixture over to one side of the pan and add the package of Beyond Beef.
- Break up the BB with a wooden spatula and brown for 3 minutes, then slowly incorporate into other ingredients. Cook for another 5-7 minutes, or until veggies and Beyond Beef are mostly cooked through and caramelized.
- Add seasoning and gently stir to distribute the goods.
- Incorporate tomatoes, pumpkin puree, and veggie broth or water. No need to use a measuring cup for the broth/water. Just fill each of the cans with a little bit of broth/water and add to the chili until ingredients are fully submerged in liquid.
- Incorporate cubed sweet potato/yam and beans. Add more broth/water if needed and simmer partially covered for 15-20 minutes on low-medium heat, or until sweet potatoes are tender.
- Stir occasionally to prevent sticking.
- Add fresh lime juice and adjust seasoning to taste.
- Transfer to serving bowls, top with desired garnishes and enjoy!
- Keep leftovers in an airtight container in the fridge for up to 7 days or in the freezer for up to 2 months.

## Notes

- If you can't find a fresh Anaheim or poblano pepper, substitute with 1, 7oz can chopped mild green chiles.
- When cooking with Beyond Beef, always thaw completely. Some stores sell it frozen, so just be aware BB should be thawed in order to safely and effectively cook it. This way, you're not cooking with a brick in your chili.
- If you can't find fire roasted tomatoes, diced tomatoes work well too.
- Veggie broth has more flavor than water, so it'll yield better results, but water will do just fine if that's all you have on hand.
- If you prefer a chunkier chili, use about 1 cup broth/water. For a soupier chili, add about 2 or more cups broth/water.
- Use organic ingredients whenever possible.

*Note: Nutrition facts do not include toppings.*

<b>Nutrition Facts</b>	
Servings 8.0	
Amount Per Serving	
<b>calories</b> 277	
<b>% Daily Value *</b>	
<b>Total Fat</b> 9 g	<b>15%</b>
Saturated Fat 3 g	<b>13%</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 901 mg	<b>38%</b>
<b>Potassium</b> 476 mg	<b>14%</b>
<b>Total Carbohydrate</b> 32 g	<b>11%</b>
<b>Dietary Fiber</b> 9 g	<b>35%</b>
<b>Sugars</b> 5 g	
<b>Protein</b> 15 g	<b>30%</b>
Vitamin A	<b>122%</b>
Vitamin C	<b>118%</b>
Calcium	<b>14%</b>
Iron	<b>22%</b>
<p>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</p>	