

# Pumpkin Lentil Chili



## PREP TIME

10 mins

## COOK TIME

35 mins

## TOTAL TIME

45 mins

Recipe type: Chili

Serves: 6 servings

## INGREDIENTS

2 tbsp olive oil or grape seed oil (or use vegetable broth if you want oil-free)

1 small yellow onion, diced

2 small green bell peppers, diced

2 jalapeño peppers, ribs and seeds removed (leave them in if you like it HOT), diced

2 garlic cloves, minced  
3 cups cooked lentils  
2 carrots, peeled and shredded  
1 28oz can diced tomatoes  
1 15oz can pure pumpkin puree  
3 tbsp tomato paste  
1 cup water  
1½ tbsp chili powder  
1 tbsp smoked paprika  
1 tsp cumin  
½ tsp salt  
¼ tsp pepper  
1 15 oz can red kidney beans  
2-3 tbsp pure maple syrup, optional  
1 cup vegetable broth, optional

## INSTRUCTIONS

Cook lentils according to package directions, if you haven't already. You need about 3 cups cooked.

Heat oil (or vegetable broth) in pot over medium-high heat.

Add onion, green bell peppers, jalapeño peppers, and garlic. Cook, stirring frequently, until onions are translucent, about 5 minutes

Add cooked lentils, shredded carrots, diced tomatoes, pumpkin, tomato paste, water, chili powder, smoked paprika, cumin, salt and pepper. Bring to a boil.

Reduce heat to medium-low and add beans.

Cover and simmer for about 30 minutes to allow flavors to blend.

Taste and adjust seasonings accordingly. If you like your chili on the sweeter side, add the maple syrup and stir to combine.

If you like your chili soupier, add the vegetable broth and stir to combine.

Serve and enjoy with your favorite chili toppings.