

PUMPKIN APPLE CIDER TURKEY CHILI



BY A DASH OF MEGNUT



10 MINS PREP |



45 MINS COOK |



6 SERVINGS

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INGREDIENTS

- 1 tablespoon vegetable oil
- 1 onion chopped
- 2 cloves garlic minced
- 1 green bell pepper chopped
- 1 red bell pepper chopped
- 2 pounds ground turkey
- 1 cup apple cider
- 1 1/2 cups black beans
- 1 pound pumpkin puree
- 1 pound diced tomatoes
- 1 pound crushed tomatoes
- 1 tablespoon chili powder
- 1 tablespoon cinnamon
- 1 tablespoon cumin
- 1/2 teaspoon cayenne
- 1 teaspoon salt
- 1 teaspoon ground pepper
- 1/2 teaspoon paprika
- 1 green apple (optional) sliced

METHOD

- 1** In a large pot over medium high heat, add the oil to the pan. Cook the onions and bell peppers for 5-7 minutes, until translucent. Add the garlic and cook for an additional minute, stirring often to not burn the garlic.
- 2** Add the turkey and cook until the turkey crumbles and no pink remains.
- 3** Add the apple cider, beans, pumpkin puree, diced tomatoes, crushed tomatoes, and spices Stir to combine.
- 4** Cover with a lid and simmer for 30 minutes.
- 5** Serve with sliced green apples

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