



Taste and Savor

## 1 Quick Recipe:

### Pumpkin Chili

1 Large Sweet Onion, peeled and chopped  
 1 Large Red, Yellow or Orange Bell Pepper, seeded and chopped  
 2 (or more) Chipotle Peppers in Adobo Sauce, chopped  
 3 Garlic Cloves, grated  
 2 LBS Ground Chicken or Turkey  
 1 (29 OZ) 100% Pure Pumpkin Puree  
 2 Cans Beer (non-alcoholic if preferred)  
 2 Cans Kidney Beans, rinsed and drained (15-ounce cans) OR any combo of Kidney Beans, Chickpeas and Black Beans  
 1 Cup Chicken or Veggie Broth  
 3 TB Chili Powder  
 1 TB Cumin  
 2 Tsp Sea Salt  
 Optional Toppings: cheese, lime juice, nonfat Greek yogurt, cilantro, red onion, etc.

**Step One** Place a large sauce pot over medium heat. Add the chopped onion, bell pepper, garlic, and chipotle peppers. Stir in the garlic and cook until fragrant. Add the ground poultry and break into small pieces with a wooden spoon. Cook

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

# The Friday 4



until the meat is browned and the onions are soft.

**Step Two** Pour the pumpkin puree, beer, beans, and broth into the pot. Add chili powder, cumin and salt. Stir well.

**Step Three** Simmer for at least 30 minutes on-low to medium heat, stirring occasionally. Serve warm with toppings if desired.

## 2 Kitchen Scoop

Do you know what "chipotles in adobo" are? They are jalapeño chilies that have been dried, smoked

and then packed in a flavorful sauce made of tangy tomatoes and spices. After you make this recipe, you'll have leftover chipotles and sauce in your can, just scrape them into a small container or bag and freeze them. They'll last 3 - 6 months, plenty of time to make this recipe again

## 3 Clever Idea

When buying chili powder for this recipe - make sure to buy a spice with "Chile Powder" on the label. It has added ingredients like garlic powder, paprika and cumin. If you buy a named chili powder like Ancho or Jalepeno - you'll be buying just the ground chile - it will be HOT!

## 4 Cheers!

Jadot Beaujolais Villages  
 Beaujolais, France  
 About \$12

This week's yummy chili has smoky good flavor with a sweet and spicy note from the chipotles. I think you'll enjoy a glass of Beaujolais Villages made with 100% Gamay grapes as an accompaniment. It's a wine with bright aromas and flavors of strawberries and black cherries with spice notes. Made just like the finest Burgundian wines, resulting in a medium-bodied wine with fresh, juicy character that's yummy with this recipe and more. Learn more about [Beaujolais Villages](#) in this quick video!