



Chunky Veggie Pumpkin Chili



1/11th of recipe (about 1 cup): 131 calories, 1g total fat (0g sat. fat), 515mg sodium, 25g carbs, 6.5g fiber, 7g sugars, 6.5g protein

Prep: 15 minutes **Cook:** 3 - 4 hours on high or 7 - 8 hours on low

More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



Ingredients

- One 28-oz. can crushed tomatoes
- One 15-oz. can pure pumpkin
- 2 tsp. chopped garlic
- 1 1/2 tsp. cayenne pepper
- 1 tsp. chili powder
- 1 tsp. pumpkin pie spice
- 1/2 tsp. ground cumin
- 1/4 tsp. salt
- 2 cups chopped portabella mushrooms
- 1 1/2 cups chopped zucchini
- 1 1/2 cups chopped onion
- One 15-oz. can chili beans (pinto beans in chili sauce), not drained
- One 15-oz. can black beans, drained and rinsed
- One 14.5-oz. can diced tomatoes
- 1/2 cup canned diced green chiles
- Optional seasonings: additional cayenne pepper and salt
- Optional topping: light sour cream

Directions

In a slow cooker, combine crushed tomatoes, pumpkin, garlic, and spices. Mix well.

Add all remaining ingredients, and thoroughly stir.

Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours.

MAKES 11 SERVINGS

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