



## 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

**Green Plan [SmartPoints](#)® value 2\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 1\***

**Purple Plan [SmartPoints](#)® value 1\***

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



Tagged: [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

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.