



## Recipe Details

Recipe Name - Pumpkin Chili

Recipe Steps -

### Ingredients

- 5 cups pumpkin, cubed into 1-inch pieces
- 2 large onion, diced and sautéed
- 2 Tbsp minced garlic cloves, sautéed
- 3 (15 oz.) cans fire roasted tomatoes with green chilis
- 2 (15 oz.) cans black beans, drained and rinsed
- 1/2 package of salt-free chili mix (we use Mrs. Dash, you can use the seasoning of your choice)
- 2 Tbsp Nacho Spice flavor nutritional yeast
- 1 Tbsp paprika
- 1 Tbsp chili powder
- 1 Tbsp garlic powder
- 1 Tbsp sugar-free BBQ rub
- 1 cup water

### Instructions

- 1) Place all ingredients in a crockpot and cook on low for 4 to 6 hours or cook in an instant pot on high pressure for 40 minutes, slow release 20 minutes
- 2) Enjoy!

