

# **Pumpkin Chili (Whole30, Paleo)**

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You are going to FALL in love with how simple and delicious this Pumpkin Chili recipe is! Pairing a bit of Pumpkin Pie Spice with staple chili flavors such as Smoked Paprika & Chili Powder is the perfect seasonal spin on this classic comfort food. The Pumpkin Puree blends everything together so well and adds a creaminess to this chili unlike any I've ever had before! Toss all of your ingredients in the slow cooker and in just a few hours you'll have meals ready to go for the entire week! I serve mine with a side of Cauliflower Rice to keep this dish Gluten, Dairy, Soy, & Refined Sugar Free.

## **INGREDIENTS:**

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- 2 lbs Ground Beef(90% Lean or higher) or Dark Meat Ground Turkey
- 2 Cups + 1 Cup Organic Pumpkin Puree(No Sugar Added)
- 2 Bell Peppers, diced
- 2 Onions, diced
- 6 Cloves of Garlic, minced
- 1 Can of Tomato Paste, 6oz
- 1 Tbsp Salt
- 1 Tbsp Chili Powder
- 2 tsp Smoked Paprika
- 1 tsp Cumin
- 1 tsp Pumpkin Pie Spice
- Additional Salt and Pepper to taste
- Fresh Cilantro for Topping

## **INSTRUCTIONS:**

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1. In your Slow Cooker, add 2 Cups of Pumpkin Puree along with all of the other ingredients and stir well until combined. Reserve your remaining 1 Cup of Pumpkin Puree for later.
2. Cover and cook until the meat is full cooked through, stirring occasionally. This will take about 6-8 hours on low or 4-6 hours on high.
3. Once cooked, uncover and stir in the remaining 1 Cup of Pumpkin Puree. Season with additional spices and top with some Fresh Cilantro or Dairy Free Sour Cream! Enjoy!

**MAKES 8 SERVINGS**

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