

Pumpkin Chili

IOWA

Student Wellness

Ingredients

- 1 onion, chopped
- 4 cloves garlic, minced
- 1 can (15 oz.) pumpkin
- 1 can (15 oz.) canned tomatoes, drained
- 1 cup vegetable stock or water
- 1 can (15 oz.) black beans , drained
- 1 can (15 oz) garbanzo beans, drained
- 1 teaspoons cumin
- 1 Tablespoon chili powder
- ½ teaspoon salt
- ½ teaspoon pepper



Directions

1. Chop onion and mince garlic, add to crockpot with all other ingredients. Season mixture as desired.
2. Cook on HIGH for 2-3 hours or LOW for 4-5 hours.