

AUTUMN PUMPKIN STEW



prep time

1 hour



portion for

4-6 people

The Ingredients:

3 LB Ground Turkey
2 medium Onion, chopped
2 small Green Pepper, chopped
2 small Yellow Pepper, chopped
3 TBSP Canola Oil
2 Garlic Cloves, minced

2 CANS (15 OZ) Solid Pack
Pumpkin
3 CANS (14.5 OZ) diced
Tomatoes, undrained
2½ TSP Chili Powder
¾ TSP Ground Black Pepper

Cooking Steps :

1. Sauté onion and peppers in oil in a large pot until tender. Add garlic, cook 1 minute longer. Crumble turkey into skillet. Cook over medium heat until meat is no longer pink.
2. Stir in the pumpkin, tomatoes, chili powder and pepper and let simmer for an hour.
3. Serve warm and top with shredded cheddar cheese, low-fat sour cream and green onions (optional).