

Pumpkin Chili

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[Sweet Pea's Kitchen](#)



Hearty and Comforting Pumpkin Chili

Yield: 8 servings

Prep Time: 15 minutes

Cook Time: 8 hours

Total Time: 8 hours and 15 minutes

Ingredients:

1 pound lean ground beef
1 medium onion, chopped
1 green bell pepper, diced
1 (28 ounce) can diced tomatoes with juice
2 cups tomato juice
2 (15.25-ounce) can black beans, drained
1 (15 ounce) can pumpkin puree
2 tablespoon chili powder
2 teaspoon cumin
1 teaspoon pumpkin pie spice
1/2 teaspoon salt
1/2 teaspoon pepper
hot sauce to taste

Directions:

In a medium saute pan, brown the ground beef; drain. Add the onions and bell pepper and cook until the onions are translucent, about 5 minutes.

In a slow cooker, combine the diced tomatoes, tomato juice, beans, pumpkin, chili powder, cumin, pumpkin pie spice, salt, pepper and hot sauce. Stir to combine. Add in the cooked beef and stir.

Cook on low for 6-8 hours or on high for 4 hours. Season to taste with salt and pepper.

Serve with your favorite chili toppings, such as cheese, sour cream, or tortilla strips.