

## Turkey Pumpkin Chili (Gluten free and dairy free)

8 Servings

Prep time: 15 minutes

Total Time: 60 minutes

2 tbsp extra-virgin olive oil  
1 small yellow onion, chopped  
1 green bell pepper, cored, seeded and chopped  
2 cloves garlic, finely chopped  
1 lb ground white-meat turkey  
398 ml can diced tomatoes, with juice  
398 cml can pumpkin puree  
1 cup water  
1 tbsp chili powder  
1 tsp ground cumin  
½ tsp cinnamon  
½ tsp turmeric  
398 ml can chickpeas, rinsed and drained

In a large pot, warm the oil on medium-low heat. Add the garlic, onion and green pepper. Cook until tender, about 5 minutes. Add the ground turkey and cook until browned. Pour in water, pumpkin, tomatoes, chili powder, cinnamon, cumin, turmeric, and salt and pepper to taste, and bring to a boil. Bring the heat down to medium low and then add the chickpeas. Cover and simmer for 30 minutes, stirring occasionally. Serve with fresh bread and a dollop of sour cream.

Source: Today's Parent, Nov. 2011