

## Four-Bean & Pumpkin Chili

### Ingredients

- 1 tablespoon extra-virgin olive oil
- 3 cups chopped onion
- 1 ½ cups chopped carrot
- 3 large cloves garlic, minced
- 4 cups low-sodium vegetable broth
- 3 cups diced pumpkin or butternut squash
- 1 (28 ounce) can no-salt-added crushed tomatoes
- 4 (15 ounce) cans low-sodium beans, such as black, great northern, pinto and/or red, rinsed
- 3 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- ¾ teaspoon salt
- ¼ teaspoon cayenne pepper, or to taste
- Diced onion, sliced jalapeños, Cotija cheese and/or pepitas for garnish

### Directions

- Heat oil in a large pot over medium-high heat. Add onion and cook, stirring often, until starting to brown, about 5 minutes. Reduce heat to medium, add carrot and continue cooking, stirring often, until the vegetables are soft, 4 – 5 minutes more. Add garlic and cook, stirring, for 1 minute.
- Stir in broth, scraping up any browned bits, and bring to a boil over high heat. Add pumpkin (or squash), tomatoes, beans, chili powder, cumin, cinnamon, salt and cayenne (if using). Cover and return to a boil. Reduce heat to maintain a gentle simmer and cook, uncovered, until the pumpkin (or squash) is tender, about 30 minutes.
- Serve garnished with onion, jalapeños, cheese and /or pepitas, if desired.

Serves 8

### Quick tips

- Tip: To make ahead, refrigerate for up to 5 days, freeze for up to 6 months.