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Pumpkin, Beef, and Black Bean Chili

MAKES 6 servings

WORKING TIME 20 minutes

TOTAL TIME 45 minutes

- 1¹/₄ pounds ground round
- 1 medium sweet onion, chopped
- 1 red bell pepper, chopped
- 3 garlic cloves, minced
- 2 tablespoons chili powder
- 1 tablespoon dried oregano
- 1¹/₂ teaspoons ground cumin
- 3 cups cubed sweet pumpkin or butternut squash
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (14.5-ounce) can fire-roasted diced tomatoes
- 1 (14-ounce) can low-sodium beef broth
- 1¹/₄ teaspoons kosher salt
- 1 teaspoon freshly ground pepper
- 1/3 cup chopped fresh cilantro
- Sliced fresh jalapeños
- Chipotle Sour Cream

1. Cook beef in a large Dutch oven over medium-high heat 8 minutes or until beef crumbles and is no longer pink. Remove with a slotted spoon. Cook onion and next 2 ingredients in drippings for 7 minutes. Stir in chili powder and next 2 ingredients, and cook 1 more minute. Stir in pumpkin and next 5 ingredients.

2. Bring to a boil; reduce heat to low and simmer 20 to 25 minutes or until pumpkin is tender. Stir in cilantro and season to taste with salt and pepper. Serve with jalapeños and Chipotle Sour Cream.

Chipotle Sour Cream: Stir together 1 (8-ounce) container sour cream, 1 tablespoon minced canned chipotle chilies in adobo sauce, 2 teaspoons fresh lime zest, and 1 tablespoon lime juice. Season to taste with salt and pepper.

PER SERVING: protein: 25 g; fat: 23 g; carbohydrate: 28 g; fiber: 7 g; sodium: 1,144 mg; cholesterol: 82 mg; calories: 398.