

PUMPKIN CHILI

Bariatric, Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 10 (Serving= 1 cup)

Nutrition (per serving)

Calories: 180

Total Fat: 4 g

Saturated Fat: 0.5 g

Sodium: 370 mg

Total Carbohydrate: 22 g

Dietary Fiber: 4 g

Protein: 13 g



Ingredients

- 1 teaspoon canola oil
- 1 pound 93% lean ground beef or ground turkey breast
- 1 medium green pepper, chopped
- ½ medium onion, chopped
- 1 Tablespoon minced garlic
- 1 – 15 ounce can low sodium black beans, drained and rinsed
- 1 – 14.5 ounce can no salt added diced tomatoes with juice
- 1 – 15 ounce can 100% pure pumpkin
- 1 – 12 ounce bottle light beer (choose gluten free beer for GF version)
- 2 cups low sodium tomato juice
- ¼ cup brown sugar
- 1 Tablespoon chili powder
- 1 Tablespoon ground cumin
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 2 pinches nutmeg

Directions

1. In a large skillet over medium-high heat, cook meat in canola oil, adding green pepper, onion and garlic about halfway through cooking. Cook until onions become translucent and are softened. Pour into slow cooker.
2. Add rest of ingredients to slow cooker and stir well. Cook on low overnight or for 6-8 hours.

To make bariatric diet friendly:

Suggest draining out broth and reduce serving size to ½ cup. Substitute light beer for beef broth. This recipe may not be tolerated during the first 4 weeks after surgery due to the acidity.

Updated bariatric nutrition information: Calories 76, Total Fat 1g, 0g Sat Fat, Sodium 169mg, Total Carbohydrate 9g, Fiber 2.5g, Protein 7g