

Pumpkin Chili

Adapted from [Thug Kitchen](#) (original recipe spotted [here](#))

1 tbsp oil of choice
1 yellow onion, chopped
1 carrot, peeled and chopped
1 bell pepper (I used 1 tbsp red pepper paste)
2 to 3 cloves garlic, minced
1/4 cup roasted green hatch chilies
2 tsp soy sauce or tamari
2 1/2 tbsp mild chili powder
1 tsp ground cumin
1 can (14.5 ounces) low-salt diced tomatoes (or 1.5 cups, undrained)
1 3/4 cups pureed pumpkin (or a 15 oz can)
2 cups vegetable broth or water
3 cups cooked beans (I used 3 cups cooked [bavo chocolate beans](#) from Rancho Gordo)
1-2 tbsp lime juice (half a lime)
Toppings: cilantro, chopped onion, jalapeños, avocado, tortilla strips

1. In a large soup pot, heat the oil over medium heat. Add the oil. Once hot, add the onion and carrot and saute until lightly brown, around 5 minutes. Stir in the red pepper paste, garlic, green hatch chiles, soy sauce/tamari, chili powder and cumin. Cook for 30 seconds, until fragrant.

2. Deglaze with the tomatoes, then stir in the pumpkin, broth and beans. Raise heat to bring to a boil, then cover, reduce heat to a simmer and cook for 15 minutes, stirring occasionally so it does not stick to the bottom.

3. Remove from heat, stir in lime juice and season to taste. Top with your choice of toppings (cilantro, chopped onion, jalapeños, avocado, tortilla strips).

Serves 4.