

turkey pumpkin and white bean chili

Makes 10 servings

RECIPE ADAPTED FROM: [Aimee Mars](#)

PREP TIME: 20 minutes

COOK TIME: 40 minutes

3 Tbsp olive oil
1 medium onion, diced
2 carrots, peeled and chopped
2 garlic cloves, minced
1 Tbsp ground coriander
1 Tbsp smoked paprika
1 tsp cumin
½ tsp ground black pepper
2 lbs ground turkey
2 Tbsp thyme
1 tsp sea salt
1 15-oz can pumpkin puree
2 15-oz cans cannellini beans, drained
2 cups chicken broth
½ - 1 cup full fat canned coconut milk

PLACE a large stockpot or a 4-5 quart Dutch Oven over medium-high heat and heat the olive oil.

ADD the onion and carrots and cook until softened, about 5 minutes.

ADD the garlic and spices and toss to coat, cooking an additional minute.

PUSH the vegetables to the side and add the ground turkey using a wooden spoon to break apart. As the meat browns, break it into small pieces and cook until no longer pink, about 8-10 minutes.

MIX in the thyme, salt, pumpkin puree, cannellini beans, and chicken broth and bring to a simmer.

REDUCE heat, and slightly cover the pot with the lid and cook for 25 minutes.

REMOVE the pot from the heat and stir in the coconut milk.

