

Crock-Pot Pumpkin Turkey Chili (Paleo and Whole 30 friendly)

Serves 4-6

Shopping List

- 1 lb organic ground turkey (chicken, or lean beef)
- 1/2 purple onion
- 2 cloves garlic
- 1 orange bell pepper (red or yellow will work too)
- 1 jalapeño
- 2 cups cubed fresh pumpkin (or butternut squash)
- 1 1/2 to 2 cups organic chicken broth
- 1 can 14.5 oz diced tomatoes
- 1 can 10 oz Rotel
- 1 tbsp coconut oil
- 1 tbsp chili powder
- 1/2 tbsp paprika
- 1 tsp cumin
- 1 tsp garlic powder
- 1 tsp all spice (or pumpkin pie spice)
- pink Himalayan salt to taste preference
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Paleo Pumpkin Turkey Chili:

1) The first step to starting your chili is to dice up the half of an onion, dice or mince 2 cloves of garlic. Begin heating a sauté pan over medium heat and add 1 tbsp of coconut oil. Once the oil is melted add in the diced onions for about 5 minutes, then add the garlic and 1 lb. of ground turkey. Cook the turkey until completely cooked with no pink visible.

2) Line your slow cooker with a slow cooker liner if you have one and use them. I like to use these to reduce the clean-up and prevent any food from sticking to the stoneware basin.

3) Transfer the cooked ground turkey mixture to your slow cooker. I used my amazing **Wemo Crock-Pot!** Add in the can of diced tomatoes and the can of Rotel.

4) Wash and dice the orange bell pepper and jalapeno. Make sure to remove the inside/seeds from both the bell pepper and the jalapeno. Add these to your slow cooker.

5) Add in: 1 tbsp chili powder, 1/2 tbsp paprika, 1 tsp cumin, 1 tsp garlic powder, and 1 tsp all spice (or pumpkin pie spice).

6) Lastly, add in 1 and 1/2 cups or 2 cups of organic chicken broth. If you're making your chili with beef you can also use beef broth. You can decide if you like your chili to have more or less broth. If you like a thicker chili then I would suggest using less broth or using the 2 cups of chicken broth but also adding in the can of pumpkin puree I mentioned initially.

7) Cook the chili on low heat for at least 3 hours or until the pumpkin pieces are soft. Mine was perfectly ready in 3 hours.

8) Serve the chili!

A couple of things to note: 1) Pumpkin is a type of squash so if you can't find cubed fresh pumpkin or want to cut your own, you can substitute in cubed fresh butternut squash like I had to. 2) If you like a thicker chili, you can add in a 1/2 to 1 full can of pumpkin puree (not pumpkin pie filling). I'd suggest starting with only 1/2 a can and letting it cook a while before deciding if you want to add the rest of the can.