

# **Pumpkin-Roasted Red Pepper Chili**

J. M. Hirsch - Associated Press  
Palm Beach Post

**Servings: 6**

**Preparation Time: 15 minutes**

**Start to Finish Time: 1 hour**

**2 medium yellow onions, quartered**  
**1 jar (10 oz) roasted red peppers, drained**  
**1 can (15 oz) pumpkin puree'**  
**1 can (6 oz) tomato paste**  
**2 pounds ground bison**  
**1 pound boneless pork ribs, roughly chopped**  
**2 cups chicken broth**  
**1 teaspoon garlic powder**  
**1/2 teaspoon ground cumin**  
**1/2 teaspoon ground cinnamon**  
**1/2 teaspoon cayenne pepper**  
**1/2 teaspoon smoked paprika**  
**1/4 teaspoon chili powder**  
**salt**  
**ground black pepper**

In a blender or food processor, combine the onions, roasted red peppers, pumpkin and tomato paste. Puree' until smooth. Set aside.

Heat a large stockpot over medium-high heat. Add the bison and pork and cook until starting to brown, about 7 to 8 minutes.

Add the pumpkin mixture and the broth. Stir well.

Add the garlic powder, cumin, cinnamon, cayenne, smoked paprika and chili powder.

Bring to a simmer. Partially cover the pot to prevent splattering but allow steam to escape. Simmer for 45 minutes.

Season with salt and pepper to taste.

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Per Serving (excluding unknown items): 50 Calories; 1g Fat (12.1% calories from fat); 3g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 430mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fat.