

White Bean, Chicken and Pumpkin Chili

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*1 tablespoon olive oil
1 large (about 2 cups) onion, chopped
4 cloves garlic, minced
1/4 teaspoon white pepper
1 1/2 pounds boneless/ skinless
chicken breast, cut into one-inch cubes
1 - 2 teaspoons salt
1 1/2 pounds fresh pumpkin, seeds
and fibers removed
1 can (15 ounce) chicken broth
3 cans (20 ounces ea) cannellini
beans, rinsed and drained
1 can (4 ounce) chopped mild green
chiles
2 - 3 teaspoons cumin
1 - 2 teaspoons green Tabasco sauce
1/4 cup minced cilantro
sour cream (for garnish)*

Heat the olive oil in a Dutch oven over medium heat. Cook the onion for 1 minute. Add the garlic and pepper. Cook for 1 minute longer.

Add the chicken and salt. Cook for 10 minutes, stirring occasionally.

Microwave the pumpkin on HIGH for 3 minutes. When cool enough to handle, peel and cut into 1/2-inch chunks to measure three cups. (Store any remaining pumpkin in the refrigerator for up to a week or in the freezer for up to three months.

Stir in the broth, beans, pumpkin, chiles, cumin and Tabasco sauce. Cook for 15 minutes over low heat until the chicken is done and the pumpkin is easily pierced with a fork. Taste and adjust the seasonings.

Serve while hot, topping each with a pinch of cilantro and dollop of sour cream.

Per Serving (excluding unknown items): 2303 Calories; 23g Fat (8.7% calories from fat); 151g Protein; 389g Carbohydrate; 96g Dietary Fiber; 0mg Cholesterol; 5230mg Sodium. Exchanges: 24 1/2 Grain(Starch); 9 1/2 Lean Meat; 3 Vegetable; 3 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	2303	Vitamin B6 (mg):	2.2mg
% Calories from Fat:	8.7%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	65.8%	Thiamin B1 (mg):	2.7mg
			1.0mg

% Calories from Protein: 25.5%
 Total Fat (g): 23g
 Saturated Fat (g): 4g
 Monounsaturated Fat (g): 13g
 Polyunsaturated Fat (g): 4g
 Cholesterol (mg): 0mg
 Carbohydrate (g): 389g
 Dietary Fiber (g): 96g
 Protein (g): 151g
 Sodium (mg): 5230mg
 Potassium (mg): 11543mg
 Calcium (mg): 1653mg
 Iron (mg): 72mg
 Zinc (mg): 23mg
 Vitamin C (mg): 12mg
 Vitamin A (i.u.): 270IU
 Vitamin A (r.e.): 27RE

Riboflavin B2 (mg):
 Folic Acid (mcg): 2378mcg
 Niacin (mg): 7mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value

Food Exchanges

Grain (Starch): 24 1/2
 Lean Meat: 9 1/2
 Vegetable: 3
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 3
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2303 Calories from Fat: 200

% Daily Values*

Total Fat	23g	35%
Saturated Fat	4g	19%
Cholesterol	0mg	0%
Sodium	5230mg	218%
Total Carbohydrates	389g	130%
Dietary Fiber	96g	383%
Protein	151g	
Vitamin A		5%
Vitamin C		20%
Calcium		165%
Iron		402%

* Percent Daily Values are based on a 2000 calorie diet.