

# PUMPKIN CHILI

## **INGREDIENTS**

- 2 bags brown rice
- 1 onion
- 1 red bell pepper
- 3 cloves garlic
- 2 T chili powder
- 1 T oregano
- 1 ½ tsp. cumin
- 3 c pumpkin
- 2 cans black beans (not drained)
- 1 large can diced tomatoes
- 1 tsp. salt
- 1 tsp. pepper
  
- plain Greek yogurt

## **DIRECTIONS**

1. Boil brown rice in the bag for 10 minutes and set aside.
2. Saute' onions, garlic, and red pepper in olive oil until onions are clear.
3. Stir in chili powder, oregano, and cumin. Cook for one minute.
4. Stir in pumpkin, beans, tomatoes, salt and pepper.
5. Bring to a boil and then reduce heat and simmer for 20 minutes.
6. Serve chili over rice and top with plain Greek yogurt.

## PUMPKIN SOUP

### **INGREDIENTS**

2 qt. chicken broth  
2 16 oz cans pumpkin  
4 stalks of celery, cut up  
1 onion, diced  
2 cloves garlic  
1T parsley flakes  
3 cups shredded cabbage  
1 c fat free milk

### **DIRECTIONS**

- Heat broth in a large pot until just to a simmer.
- Add pumpkin, celery, onion, garlic, and parsley.
- Cook on a slow boil for 10 minutes.
- Remove from heat and puree.
- Add cabbage and milk.
- Cook for 10 more minutes.

# PUMPKIN PASTA

**PREHEAT OVEN TO 375°**

## **INGREDIENTS**

- 1 chopped onion
- 2 minced garlic cloves
- 1 tsp red pepper flakes
- 2 tbsp olive oil
- 1 16 oz can pumpkin
- 1 cup chicken stock
- 1 tsp dried sage
- 2 tsp salt
- 1 can non fat evaporated milk
- 1 lb whole wheat pasta, cooked
- 1 tbsp dried parsley
- ½ cup parmesan cheese

## **DIRECTIONS**

- Cook pasta in water with 1T olive oil according to the package directions.
- Cook onion, garlic, red pepper in olive oil, stirring occasionally until onion is soft. (about 3 minutes)
- Stir in pumpkin, chicken stock, and sage.
- Mix together and add salt.
- Bring to a boil, then lower heat and simmer for 5 minutes.
- Stir in milk.
- Simmer until sauce comes together and thickens slightly.
- Add cooked pasta and parsley.
- Gently toss all ingredients together to coat.
- Sprinkle with parmesan cheese.
- Put into greased baking dish and bake for 35 minutes.

# PUMPKIN BARS

**PREHEAT OVEN TO 350°**

## **INGREDIENTS**

- 4 eggs
- 1 ½ cup sugar
- ¾ cup vegetable oil
- 1 16 oz can pumpkin
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 2 tsp baking powder
- 2 tsp cinnamon
- 1 tsp salt
- 1 tsp baking soda

## **ICING**

- 1 8 oz pkg non-fat cream cheese
- 1 ½ cups powdered sugar
- 1 tsp vanilla

## **DIRECTIONS**

- Using the mixer at medium speed, combine eggs, sugar, oil, and pumpkin until light and fluffy.
- Stir together the flour, baking powder, cinnamon, salt, and baking soda.
- Add the dry ingredients to the pumpkin mixture and mix on low speed until the batter is smooth.
- Spread the batter into a 13 x 10 inch baking pan.
- Bake for 30 minutes.
- Cool completely before frosting.

## **ICING**

- Using the mixer, combine cream cheese and butter until smooth.
- Add sugar and mix on low speed until combined.
- Add vanilla and mix thoroughly.
- Spread on to cooled pumpkin bars.

# PUMPKIN BREAD

**PREHEAT OVEN TO 350°**

## **INGREDIENTS**

- 1/2 cup sugar
- 1/2 cup brown sugar
- 1/2 cup vegetable oil
- 2 eggs, slightly beaten
- 1/2 of a 16 oz can pumpkin
- 1 cup all purpose flour
- 3/4 cup whole wheat flour
- 1 tsp salt
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp nutmeg
- 1/2 tsp all spice
- 1/2 tsp cinnamon
- 1/4 tsp cloves
- 1/3 cup water

## **DIRECTIONS**

- Grease and flour a 9 x 5 inch loaf pan.
- Stir together sugar and oil.
- Stir in eggs and pumpkin.
- Combine flours, salt, baking soda, baking powder, and all of the spices in a separate bowl.
- Add dry ingredients to sugar-oil-pumpkin mixture a little at a time, alternating with water. Mix as you go.
- Add batter to loaf pan.
- Bake for 30 to 40 minutes or until pick inserted into the center comes out clean.
- Let stand 10 minutes, then remove from pan to cool.

## **CURRIED PUMPKIN AND PEAS**

### **INGREDIENTS:**

- 2 tbsp. olive oil
- 1 medium onion
- 1 garlic clove
- 2½ tsp. curry powder
- ½ tsp. salt
- ½ tsp. Freshly ground pepper
- 2 lb. pumpkin
- 2 medium red potatoes
- 1½ c. low-sodium chicken broth
- ¾ c. golden raisins
- ¾ c. frozen baby peas
- fresh cilantro

### **DIRECTIONS:**

1. Heat olive oil in a large pan over medium-high heat, add onion, and cook until golden-brown, about 5 minutes.
2. Add garlic and cook 1 minute more.
3. Stir in curry powder, salt, and pepper.
4. Add pumpkin and potatoes and cook for 5 minutes, stirring frequently.
5. Pour in broth and raisins, cover, and reduce heat to medium.
6. After 15 minutes, add peas. Replace cover and continue to cook until potatoes are tender, 5 to 10 minutes more.
7. Garnish with cilantro.