

Pumpkin Black Bean Chicken Chili in the Slow Cooker

Yield: 9 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-chicken-pumpkin-soup-recipe>

Ingredients:

- 1 onion chopped
- 1 yellow bell pepper or red, chopped
- 4 cloves garlic
- 4 cups chicken broth
- 1 can pumpkin
- 2 cans black beans rinsed and drained
- 1 can diced tomatoes with juice
- 2 teaspoons parsley flakes
- 2 teaspoons chili powder
- 1 1/2 teaspoons oregano
- 1 1/2 teaspoons cumin
- 3 cups chicken cooked, chopped

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 50 milligrams
4. Fat: 3.5 grams
5. Fiber: 8 grams
6. Protein: 24 grams
7. SaturatedFat: 1 grams
8. Sodium: 460 milligrams
9. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Pumpkin Black Bean Chicken Chili in the Slow Cooker above. You can see more 17 jamaican chicken pumpkin soup recipe Taste the magic today! to

get more great cooking ideas.