

Halloween Chili, or Anytime Chili

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/halloween-chilli-recipe>

Ingredients:

- 1 pound ground beef
- 1 onion chopped
- 3 cloves garlic minced
- 1 green bell pepper chopped
- 1 Anaheim chili pepper chopped
- 4 tomatoes chopped. Here you can use canned, San Marzano is a good way to go.
- 1 1/2 cups cubed pumpkin
- 12 ounces pumpkin your favorite, brew. I used Wasatch Black O'Lantern
- 1 teaspoon fresh sage chopped
- 1 tablespoon worcestershire sauce
- 2 tablespoons cumin
- 1 tablespoon chili powder
- 1 teaspoon smoked paprika
- 1/2 teaspoon cayenne
- 1 1/2 cups broth your favorite, or water
- 1 can black beans
- 1 can kidney beans or some combination of your favorites.

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 80 milligrams
4. Fat: 21 grams
5. Fiber: 16 grams
6. Protein: 41 grams
7. SaturatedFat: 7 grams
8. Sodium: 870 milligrams

9. Sugar: 13 grams
 10. TransFat: 1 grams
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