

# Paleo Pumpkin Chili

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Servings: 6      Difficulty: easy

## Ingredients:

- 2 lb ground turkey or beef (I used turkey)
- 1 C chicken bone broth (can sub another broth)
- 3/4 C pumpkin puree
- 1 C diced onion
- 1 green bell pepper, diced
- 1 15 oz. can of diced tomatoes
- 4 oz. can of diced green chilies (do not drain)
- 1 1/2 T ghee or oil (can sub butter if non paleo)
- 2 T tomato paste
- 1 1/2 tsp minced garlic
- 2 T chili powder
- 1-2 T pumpkin pie spice
- 1 T oregano
- 1 T cumin
- 1 T paprika
- 1/2 tsp cayenne (can omit if you are sensitive to spicy flavors)
- 1 tsp salt
- Dash of cinnamon
- 1 bay leaf

- 1 oz chopped unsweetened 100% chocolate

## Directions:

1. Place ghee/oil in a large skillet and once melted, add in diced onions, pepper, and garlic. Sauté for 3 minutes. Add in ground turkey or beef, cook until meat is mostly done (I *slightly* undercooked mine and let it finish cooking in the crock pot)
2. Remove from heat and set aside while you add the remaining ingredients into the crockpot- stir well
3. Once remaining ingredients are well incorporated, add in onion, pepper, garlic, and meat mixture from skillet
4. Stir everything together, make sure meat is coated with the mixture
5. Put crock pot on high for 3-4 hours, stirring occasionally. Chili should thin out as It cooks.
6. Take bay leaf out before serving, may add 1-2 T maple syrup if you prefer a “sweeter” chili (I prefer without). Then go find my **Classic Cornbread – GF & DF** recipe and make that to enjoy with your chili...



## \*Instant Pot version-

1. Turn instant pot to sauté setting, then place ghee/oil in a large skillet and once melted, add in diced onions, pepper, and garlic. Sauté for 3 minutes

2. Add in ground turkey or beef, cook until meat is mostly done (I *slightly* undercooked mine and let it finish cooking under pressure) and turn off sauté mode
1. Mix in the remaining ingredients and cook on manual pressure for 10 minutes, quick release, and enjoy!

*Please tag me on instagram [@celiacsweetie](#) if you make this, or comment on this blog– I would love to see your recreations! Also please reach out if you have any questions about the recipe.*

*xo, Celiac Sweetie*