

Planting Tomorrow's Radio Show

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PUMPKIN CHILIso tasty and nutritious!

Ingredients:

2 Cups	Fresh or canned pumpkin
3 LBS	Boca Burger (soy protein) OR Organic Ground Turkey
2 Cans	Red Kidney Beans
2	Medium Onions - chopped
3 Cans	Cut Tomatoes, 15 ounce
2 TBS	Chili Powder
1/4 TSP	Red Pepper (optional)
2 TBS	Honey or Organic Cane Sugar
1 TSP	Sea Salt or Salt Substitute
2	Bay Leaves
1 CUP	Mushrooms (optional)

1. Brown vegetarian Boca Burger or ground turkey
2. Put in a large pot
3. Add each ingredient into the pot
4. Cook over low heat for 1-2 hours
5. Serve with crackers, cornbread or garlic toast

You can use smaller amounts of red pepper and chili if children prefer it milder...just have the hot stuff on hand for mom and dad!