

## Pumpkin Chili



### Makes:

8 servings

### Utensil:

Saladmaster Food Processor  
5 Qt./4.7 L Multi-Purpose Oil Core  
7" Santoku Knife

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### Recipe:

### Contributed By:

Regina Weiland  
Owner of personal chef service, the Passionate Vegan, providing delicious meals that even meat-lovers cannot detect are vegan  
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### Recipe Description:

This Pumpkin Chili is a blue ribbon winner from the Texas Chili Cook-Off! A little bit sweet, a little bit spicy, and sure to please your family.

1 onion, processed, use Cone #3  
1 red bell pepper, diced  
5 cloves garlic, shredded, use Cone #1  
1½ cups  
unsweetened coconut milk  
(350  
mL)  
3 cups  
fire roasted tomatoes, diced  
(738  
g)  
1½ cups  
cooked pumpkin, pureed  
(369  
g)  
6 ounces  
tomato paste  
(170  
g)

### Directions:

1. Preheat electric roaster on 300°F/150°C. When several drops of water sprinkled on pan skitter and dissipate, add onions and bell peppers and sauté for 5 minutes, until tender.
2. Add all remaining ingredients and stir until well mixed. Cover.
3. When Vapo-Valve™ clicks, reduce temperature to 180°F/80°C and cook for 30 minutes. Serve warm.

Nutritional Information per

▼ Serving

**Calories:** 199

**Total Fat:** 4g

**Saturated Fat:** 2g

**Cholesterol:** 0mg

**Sodium:** 749mg

**Total** 35g

**Carbs:**

**Dietary Fiber:** 11g

**Sugar:** 8g

**Protein:** 9g