

Pumpkin Chili with Black Beans & Chickpeas

Time: 40 minutes (Prep: 10 min, Cook: 30 min)

Serves: 8

Ingredients:

- 2 tablespoons olive oil
- 2 large onions, chopped
- 8 garlic cloves, minced
- 2 cups pumpkin puree
- 3 cups broccoli florets
- 2 cups canned diced tomatoes
- 2 cups vegetable stock or water
- 2 cans black beans (15 oz cans)
- 1 can chickpeas or white beans (15 oz can)
- 2 tablespoons cumin powder (start with half the amount, and add more, to taste)
- 4 tablespoons chili powder (start with 1 tablespoon, reduce or add more, depending on your taste)
- green onion, chopped, for garnish
- salt and pepper to taste



Directions:

- 1) In a large pot or skillet, cook chopped onion and minced garlic in olive oil for about 5 minutes on medium heat until soft.
- 2) Add pumpkin, canned tomatoes, vegetable stock (or water), chickpeas (or white beans), black beans, and broccoli. Stir.
- 3) Add half the cumin, half the chili powder, some salt and pepper. Stir everything well.
- 4) Taste your chili, season some more with salt and pepper if needed. Add the remaining cumin and chili powder if desired.
- 5) Bring to boil. Reduce to simmer and cook for 20 minutes, stirring occasionally.
- 6) Serve warm, garnished with chopped green onion.

Adapted from Julia's Album: <http://juliasalbum.com/2013/11/pumpkin-chili-recipe/>

Roasted Winter Vegetables

Time: 55 min (Prep: 20 min, Cook: 35 min)

Serves: 8

Ingredients:

- 3 cups carrots, peeled & diced
- 3 cups potatoes, diced
- 6 cups pumpkin or squash, peeled & diced
- 1 1/2 cups turnip, rutabaga or beets, peeled & diced
- 2 red onions, sliced
- 6 garlic cloves
- 3 tablespoons olive oil
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons pepper
- 1 tablespoon rosemary
- 1 teaspoon thyme



Directions:

- 1) Preheat the oven to 425F degrees
- 2) Cut the carrots, potatoes, pumpkin and turnip into 1-inch cubes (all the vegetables will shrink when baked, so don't cut them too small).
- 3) Cut onion into long slices.
- 4) In large bowl, toss vegetables with olive oil, salt, pepper, garlic cloves, rosemary and thyme.
- 5) Place all the vegetables in a single layer on 2 baking sheets. Bake at 425F for 25-35 minutes until all vegetables are tender, turning once halfway through cooking with a metal spatula.
- 6) Serve warm and garnish with a drizzle of balsamic vinegar, if desired.

Adapted from Barefoot Contessa Family Style (2002), Ina Garten:

<http://www.foodnetwork.com/recipes/ina-garten/roasted-winter-vegetables-recipe.html?oc=linkback>

Pumpkin, Spinach & Feta Muffins

Serves: 12 muffins

Ingredients:

- 1 1/2 cups pumpkin, cut into 1/2-inch cubes
- 1 cup spinach, chopped
- 2 tablespoons chopped parsley
- 3 tablespoons sunflower seeds
- 3/4 cup grated Parmesan
- 1 cup crumbled feta
- 2 teaspoons grainy mustard
- 2 large eggs, lightly beaten
- 3/4 cup milk
- 1 cup white flour
- 1 cup whole wheat flour
- 4 teaspoons baking powder
- 1 teaspoon sea salt
- 2 teaspoons pepper



Directions:

1. Preheat oven to 405F degrees. Use spray oil to prepare a muffin tin, or line with muffin liners instead.
2. Sprinkle some olive oil, salt and pepper over the cubed pumpkin. Toss well and place onto baking sheet or roasting pan in a single layer.
3. Bake pumpkin for 15 – 25 minutes or until cooked through entirely. Set aside to cool.
4. Transfer the pumpkin to a large mixing bowl along with the spinach, parsley, sunflower seeds, Parmesan, feta, and grainy mustard. Gently mix together.
5. In a separate bowl, beat the eggs and milk together. Add this to the pumpkin mix.
6. Then, add the flour, baking powder, salt and pepper and gently mix just until the batter comes together. Be careful not to over mix.
7. Spoon the batter into the muffin pan, filling each hole 3/4 full.
8. Bake for 15-20 minutes or until the tops and sides of the muffins are golden, and the muffins have set completely. Let cool in the muffin pan for a couple minutes, then place on a cooling rack.

Muffins can be kept in an airtight container or frozen.

Adapted from: Clever Muffins, <http://clevermuffin.com/2013/04/15/pumpkin-spinach-and-semi-sun-dried-tomato-muffins/>