



# Noreen's Kitchen

## Chicken & Pumpkin Chili

### Ingredients

2 pounds, boneless skinless chicken breasts or thighs cut into cubes	2 cups chicken broth
2 tablespoons olive oil	¼ cup chopped, fresh cilantro
1 large onion, chopped	2 tablespoons chili powder
3 cloves garlic, minced	1 tablespoon ground cumin
2 Poblano peppers, diced	1 tablespoon dried oregano
1 red bell pepper, diced	1 tablespoon smoked paprika
1 yellow bell pepper, diced	1 teaspoon salt
1 28 ounce can of diced tomatoes and chilies	1 teaspoon chipotle chili powder
1 15 ounce can black beans	½ teaspoon allspice
1 15 ounce can cannellini beans,	1 tablespoon salt
1 15 ounce can pinto beans	1 teaspoon garlic powder
1 15-ounce can solid pack pumpkin	1 teaspoon onion powder

### Step by Step Instructions

Heat olive oil in a large, deep, heavy bottomed skillet over medium high heat.

Cook chicken until there is no more liquid in the bottom of the pan and you can hear a sizzle.

Add the onion, peppers, cilantro and garlic to the pan and toss to coat in the oil. Allow to sauté' for a few minutes.

Drain and rinse beans and set aside.

Add all of the spices to the skillet and stir well to combine. This will allow them to become slightly toasted and more flavorful.

Add diced tomatoes and green chilies as well as the beans and the pumpkin to the pan and stir well to combine. The mixture will be a bit thick at this point.

Add half of the chicken stock and stir well. Keep adding chicken stock until you reach a not to thick, but not too soupy consistency. You may add all of it if you like, I added all but a half of a cup and got the perfect thickness.

Reduce heat to medium and allow chili to simmer for 15 to 20 minutes.

Remove from heat and allow to rest for 10 minutes before serving.

Serve with your favorite chili toppings. We enjoy sour cream, shredded cheddar and fresh cilantro.

**Enjoy!**