

How to Use Canned Pumpkin

Oatmeal

Stir in a large spoonful of pumpkin puree, a dash of cinnamon, and a sprinkle of milk to oatmeal for a delectable breakfast.

Spread

Mix puree with a small amount of sweetener (i.e. honey). Spread on toast, bagels, or rolls.

Baking

Add to pancakes, waffles, muffins, and breads for increased moisture and fun flavor.

Pasta

Mix equal parts pumpkin & ricotta or cottage cheese. Season with salt and pepper. Add to pasta for a creative dish.



Pumpkin Chili

Ingredients

- 1/4 cup water
- 1 large onion, chopped
- 4 cloves garlic, minced (or 1 teaspoon garlic powder)
- 1 cup pumpkin puree
- 1 can diced tomatoes (low-sodium preferred)
- 1 cup water
- 1 can (15oz) black beans, drained and rinsed (low-sodium preferred)
- 1/2 can (15oz) white beans, drained and rinsed (low-sodium preferred)
- 1/2 tablespoon cumin powder, or more to taste
- 1/2 tablespoon chili powder, or more to taste
- Salt and pepper, to taste

Directions

In a large pot or skillet, cook chopped onion and minced garlic in water or broth for about 5 minutes on medium heat until soft. Add pumpkin, canned tomatoes, vegetable stock (or water), black beans, and garbanzo beans. Add cumin and chili powder, stir everything well, and season with salt and pepper. Taste chili, season more if needed. Bring to a boil, make sure to stir all ingredients well together to combine flavors and spices. Reduce to simmer and cook for 10-20 minutes on simmer.

Extension

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