

Ingredients:

For the Chili:

- olive oil
- 1 large onion
- 5 carrots
- 4 garlic cloves
- 2 bell peppers
- Tomato paste
- 2 cups vegetable stock
- 1 (28 oz) can diced tomatoes
- 15 oz pinto beans
- 15 oz kidney beans
- 15 oz black beans
- 1 (15 oz) can pumpkin puree

Spices:

- salt
- fresh ground black pepper
- ground cinnamon
- ground cumin
- chili powder
- onion powder
- smoked paprika powder

Optional Toppings:

- Avocado, sliced
- Sour cream
- Shredded cheese

Instructions

1. Dice onions, carrots, bell peppers, chop garlic cloves.
2. In a large pot, heat olive oil over medium-low.
3. Add onion and carrot. Cook until softened. Do not let onion brown. Add bell peppers and chopped garlic and cook for two minutes.
3. Add tomato paste, diced bell peppers, vegetable stock, can of diced tomatoes (including liquid), pinto beans, kidney beans, black beans, and pumpkin puree to pot and simmer.
4. Add cinnamon, salt, black pepper, cumin, chili powder, onion powder and smoke paprika powder.
5. Place the lid on top, reduce heat to medium-low, and cook for 30 minutes, stirring occasionally.
6. Serve with any optional toppings.

