***NR# 139 Turkey Pumpkin Chili-Food Hero***

***Serving Size and Ingredients: 1c***

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| **Ingredients** | **25 Servings** | **50 Servings**  | **100 Servings**  |
| Vegetable oil | 2 ½ tsp  | 5 tsp | 1/4c |
| Lean ground turkey | 2 ½ lbs | 5 lbs | 10 lbs |
| Onion, chopped | 1 2/3c  | 3 1/3c  | 6 2/3c |
| Green bell pepper, chopped | 1 1/4c  | 2 1/2c  | 5 cups |
| Garlic Powder | 1 1/4tsp | 2 ½ tsp | 5 tsp |
| Kidney beans, low sodium drained and rinsed | 37 ½ ounces | 75 ounces | 150 ounces |
| Great Northern beans, low sodium, drained and rinsed | 37 1/2c ounces | 75 ounces | 150 ounces |
| Pumpkin puree | 40 ounces | 80 ounces | 160 ounces |
| Diced tomatoes, no added salt | 37 ½ ounces | 75 ounces | 150 ounces |
| Chicken broth, low sodium | 5 cups | 10c | 20c. |
| NR# 87 Low Sodium taco Seasoning | 3 1/8 ounces  | 6 ¼ ounces | 12 ½ ounces  |
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**Instructions:**

**1. Heat oil in a large saucepan on medium heat; add turkey, onion, green pepper and garlic.**

**2. Cook and stir, breaking turkey apart until it is browned and vegetables are tender.**

**3. Stir in beans, pumpkin, tomatoes, broth, and seasoning.**

**4. Bring to a boil, then reduce heat to low. Cover and simmer for 1 hour, stirring occasionally.**

**5. Refrigerate leftovers within 2 hours.**

**(Adapted from foodhero.org)**

If holding, hold at or above140 F. Serve at 165 F.