

CHEF SARA RHODES

PUMPKIN ITALIAN CHILI

1 lb. Sweet or Spicy Italian Sausage bulk
1 small onion, chopped
1 red pepper, seeded and chopped
1 jalapeno pepper, seeded and chopped
4 cloves garlic, minced
3 8 oz. cans tomato sauce
2 14.5 oz. cans fire roasted diced tomatoes with garlic – Hunts
1 15 oz. can pumpkin puree
1 cup chicken stock
1 15 oz. can black beans, drained and rinsed
1 15 oz. can cannellini beans, drained and rinsed
1 tsp. cinnamon
½ tsp. ground ginger
¼ tsp. ground nutmeg
¼ tsp. ground allspice
1 Tbsp. chili powder
2 Tbsp. Mexican Oregano



Heat a deep pan over medium high heat. Add the sausage, breaking it up as it cooks. Cook until just no longer pink. Add the onions, peppers and garlic. Sauté till starting to soften. Add the tomato sauce, diced tomatoes and the pumpkin. Mix thoroughly. Add the chicken stock and the beans. Bring to a simmer. While the chili is coming to a simmer add the cinnamon, ginger, nutmeg, allspice, chili powder and oregano. Mix thoroughly.

Simmer the chili for about 15 to 20 minutes. Salt and pepper to taste.