

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Pumpkin Chili

INGREDIENTS:

For the Chili

2 lbs ground beef (or ground turkey)
1 large yellow onion, diced
6 cloves garlic, diced
1 (14 oz.) can of pumpkin puree
1 (28 oz.) can diced, fire roasted tomatoes
1 (15 oz.) can tomato sauce

1 (7 oz.) can diced,
roasted green chilies
1 cup chicken or beef
stock
Extra Virgin Olive Oil
Salt & Pepper to taste



For the Chili Spice Mixture

2 TBS chili powder
2 TBS cumin
1 TBS paprika
2 tsp salt
2 tsp coriander
2 tsp cinnamon

2 tsp cocoa powder
1 tsp garlic powder
1 tsp onion powder
1 tsp brown sugar
1/2 tsp cayenne

For the Orange Coriander Crème

1 cup sour cream
Zest and juice of 1 orange

2 tsp coriander
1/2 tsp salt

DIRECTIONS:

For the Chili

- ♥ Heat a large pot over medium high heat, add 2 TBS EVOO, add the beef(or turkey) and let it brown, breaking up the meat with back of a wooden spoon until completely cooked and no longer pink.
- ♥ While beef is browning, make your spice mixture.

Compliments of Eat Your Heart Out Edibles

Eat Your Heart Out Edibles

Personal Chef Service and Made to Order Bakery

- ♥ Remove the cooked beef/turkey and place in a bowl. To the same pot, drizzle a little more EVOO, add diced onion and garlic and sauté for a few minutes (3-4) stirring occasionally, until the onions have softened.
- ♥ Add the rest of ingredients and the meat and spice mixture. Stir to combine and bring to a simmer to let all the flavors marinate together; allow to cook for about 30 minutes.

Serve topped with Coriander Cream.

For the Spice Mixture

- ♥ In a medium bowl, mix together all the spices.

For the Cream

- ♥ Add all ingredients to a bowl and blend until smooth.

