



November Newsletter

Pumpkin Chicken Chili

Macros:

Makes 5 large servings

Macros per serving: 359 cal / 40 P / 19 C / 14 F / 5 Fiber



INGREDIENTS

- 2 tbl extra virgin olive oil
- 24 oz chicken, cooked and chopped/shredded
- 1 medium onion, diced
- 2 oz sliced jalapeno
- 1 poblano pepper, diced
- 1 tsp chili powder
- 1 tsp cumin
- 2 cans Rotel, diced tomatoes and green chilis
- 1 15 oz can Pumpkin puree
- 1 cup chicken broth
- 1 cup milk (I used 2%)
- ½ cup pumpkin seeds (wait to add these to the top of the soup right before you eat it)

DIRECTIONS

1. In a large stock pot add the olive oil and heat over medium heat. Add the onion and saute until they are tender and turning translucent.
2. Add the jalapeno and poblano to the pan and saute a couple minutes longer.
3. Add the cooked chicken breast, chili powder and cumin and stir until all is well coated in the spices.
4. Add the cans of rotel and pumpkin. Mix until well incorporated.
5. Add the chicken broth, stir and once it boils, reduce the heat. Add in the milk to improve the creamy consistency.
6. Split evenly into 5 servings and top evenly with the pumpkin seeds.