



Veggie Pumpkin Oat Chili

QUAKER

Servings: 5 | Prep Time: 20 minutes | Cook Time: 45-50 Minutes

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Brought to you by
Maggie Michalczyk, RD



Ingredients

- 1 cup Quaker® Steel Cut Oats
- 1 shallot, diced
- 2 tablespoons extra virgin olive oil
- 2 garlic cloves
- 1 ½ cups mushrooms, roughly chopped
- 1 (15 ounce) can pumpkin puree
- 1 (28-ounce) can crushed, fire roasted tomatoes
- 1 (15 ounce) can low sodium black beans
- 2 ¼ cups vegetable broth
- 2 tablespoons chili powder
- 2 teaspoons ginger
- 1 tablespoon crushed red pepper flakes
- 1 tablespoon dried oregano
- 2 tablespoons cornstarch
- Optional toppings: cilantro, sage, avocado, jalapeno



Preparation

1. Heat the olive oil in a large soup pot over medium-high heat. Add the shallot, garlic, and mushrooms, and cook until just tender and fragrant, about 4 minutes.
2. Add the vegetable broth, pumpkin puree, tomatoes, black beans, chili powder, ginger, crushed red pepper, and oregano.
3. Stir and bring to a boil. Then reduce heat, add cornstarch, and let simmer for 25 minutes.
4. When you've got 4 to 5 minutes left, stir in oats.
5. Season to taste with salt and pepper and top with fresh cilantro, or sage, sliced avocado or jalapeño for a spicy kick.

NUTRITION FACTS (PER SERVING):

460 calories, 22 g fat, 4 g sat fat, 190 mg cholesterol, 550 mg sodium, 48 g total carb, 8 g fiber, 4 g sugar, 18 g protein, 10% DV calcium, 6% DV vitamin D, 15% DV vitamin C, 25% DV vitamin A, 15% DV potassium, 25% DV iron, 30% DV thiamin, 30% DV magnesium, 0 g added sugar

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