

**4 Bean and Pumpkin Chili**

Yields: 8 servings Preparation Time: 45 minutes

**Ingredients**

1 tablespoon olive oil  
1 onion, chopped  
3 carrots, peeled and diced  
3 cloves of garlic, minced  
4 cups vegetable broth  
3 cups pumpkin or butternut squash, diced  
1 can crushed tomatoes  
1 (15oz) can of each, black, great northern, pinto, and red beans, rinsed  
3 tablespoons chili powder  
2 teaspoon cumin  
1 teaspoon ground cinnamon  
¼ teaspoon cayenne pepper  
Salt and pepper  
3oz pumpkin seeds  
3oz crumbled queso fresco cheese  
Salt and pepper



**Instructions**

1. Heat the oil in a large pot over medium high heat. Add onions and cook, stirring often, until the onions begin to turn brown. Reduce heat to medium, add carrots and continue cooking until vegetables are soft, about four minutes. Add the garlic and cook for one additional minute.
2. Stir in broth and bring to boil over high heat. Add pumpkin or squash, tomatoes, beans, chili powder, cumin, cinnamon, cayenne, salt, and pepper.
3. Return to boil and reduce heat to maintain a simmer and cook until the pumpkin or squash is tender, about 30 minutes.
4. Put the soup into bowls and garnish with pumpkin seeds and queso fresco cheese.