

PUMPKIN SPICE Chili



SERVINGS: 4



DIFFICULTY EASY



TIME: 25 MIN

A twist on a classic dish that incorporates the warm flavors of fall: Pumpkin Spice Chili. This hearty and flavorful chili is perfect for cozy evenings or gatherings with friends and family.

Ingredients

- 1 lb Ground Beef
- 1 Onion Chopped
- 1/3 Cup of Chopped Celery
- 1 1/2 C Frozen Pumpkin Drained or 15 oz Can of Pumpkin
- 1 Can Pinto Beans
- 1 Can Kidney Beans
- 1 tsp Garlic powder
- 1/2 tsp Black Pepper
- 2 1/2 tsp Sea Salt
- 1 1/2 tsp Cumin
- 1 1/2 TBL Honey
- 5 Drops Pumpkin Spice Vitality Blend

Notes

- To make the Pumpkin Spice Vitality Blend; combine 3 drops of Cinnamon, 3 drops of Ginger, 3 drops of Nutmeg, 2 drops of Clove, and 1 drop of Orange Vitality oils together in a recycled 5 ml oil bottle or small dropper bottle.



Directions

1. Add the ground beef to a 5-quart pot and brown it. Once cooked, drain the grease, but reserve a tablespoon for the onion and celery. To remove excess grease from the beef, simply pat it with paper towels.
2. Next, add the chopped onion and celery to the pot and sauté them for about 5 minutes, using the reserved grease. This will enhance the flavors and give the chili a delicious aroma.
3. Add the ground beef back to the pot, along with the pumpkin, pinto beans, kidney beans, cumin, garlic powder, salt, and pepper. Give it a good stir to combine all the ingredients together.
4. Bring the chili to a boil while stirring, and then reduce the heat to a simmer. Let it cook for 10-15 minutes to allow all the flavors to meld together.
5. While the chili is simmering, mix Young Living's Pumpkin Spice Vitality Blend with honey. This will add a delightful autumn twist to the chili. Stir the honey mixture into the chili, ensuring that it is well incorporated.
6. Just before serving, add a few slices of avocado to garnish the chili. The creamy texture and mild flavor of avocado will complement the rich and savory chili perfectly.
7. Finally, enjoy your delicious Pumpkin Spice Chili with your favorite gluten-free bread, crackers, savory zucchini muffins, or tortilla chips. It's a wholesome and satisfying meal that will warm both your heart and your taste buds.