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PUMPKIN QUINOA WHITE BEAN CHILI
(Allyson Kramer)

- 1 large onion, diced
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 1 tablespoon olive oil [or use 2 T sherry or wine for WFPB version]
- 1/2 teaspoon sea salt
- 3 to 4 teaspoons chili powder
- 2 teaspoons cumin powder
- 1 teaspoon smoked paprika
- 1/2 teaspoon allspice
- Dash nutmeg
- 1/4 teaspoon cinnamon
- 1 cup shredded carrot
- 2 cans (15 ounces each) pumpkin purée (solid packed works great)
- 4 cups vegetable broth
- 3 cups cooked cannellini beans
- 1/2 cup canned coconut milk [or coconut extract]
- 1 1/2 cups cooked red quinoa
- 1/2 cup scallions, chopped
- 1 avocado, diced
- 1/2 cup minced fresh cilantro

Place the onion, garlic, and red pepper along with the olive oil and sea salt into a large stock pot and sauté over medium-high heat until the peppers are tender, about 10 minutes. Stir often to prevent burning.

Add in the spices, carrot, pumpkin purée and vegetable broth and simmer over medium heat for 11 minutes. Stir in the cannellini beans, coconut milk and quinoa and simmer an additional 5 to 10 minutes, or until heated through and thickened slightly. Fold in the scallions and then top each individual serving with ample avocado and cilantro. Let cool about 15 minutes before serving; the chili will thicken about standing.

Makes 8 servings chili.

Allyson Kramer is a cookbook author and food photographer who specializes in PB gluten-free food. Among her books are *Great Gluten-Free Vegan Eats, Great Gluten-Free Vegan Eats from Around the World, and Sweet Eats for All: 250 Decadent Gluten-Free Vegan Recipes.*

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