

Turkey Pumpkin Chili

Shopping List:

OILS & FATS

- 2 Tablespoons Olive Oil

PROTEIN

- 1 Pound 93% Lean Ground Turkey

PRODUCE

- 1 Small Yellow Onion
- Sliced Scallions (topping)

CANNED & JARRED

- 1 15-Ounce Can Pumpkin Purée
- 2 15-Ounce Cans Cannellini Beans

BROTH & LIQUIDS

- 1 1/2 Cups Low-Sodium Chicken Broth

DAIRY

- Sour Cream (Topping)

SPICES & SEASONINGS

- 1 Tablespoon Plus 1 Teaspoon Ground Coriander
- 2 1/2 Teaspoons Smoked Paprika
- 1 1/2 Teaspoons Kosher Salt
- Hot Sauce (Topping)