

Pumpkin Chili with White Corn

Makes 4-6 Servings

Adapted from the Thug Kitchen cookbook

1 Yellow Onion
1 Carrot
1 Bell Pepper
1 teaspoon Olive Oil
2 to 3 cloves of Garlic, minced
1 Jalepeño, minced
2 teaspoons Soy Sauce or Tamari
2 1/2 Tablespoons Mild Chili Powder
1 teaspoon Dried Oregano
1 teaspoon Ground Cumin
1 can (14.5 ounces) Low-salt Diced Tomatoes
1 1/2 cups Pureed Pumpkin or Canned Pumpkin
2 cups Vegetable broth
1 1/2 cups Cooked or Canned Beans
1 1/2 Iroquois Hulled White Corn
1 Tablespoon Lime Juice

Optional Toppings: Cilantro, Chopped Onion, Jalepeños, Avocado, Tortilla Strips

Prep the Hulled Iroquois White Corn by rehydrating it ahead of time by the either of the following methods. *Method 1:* Soak 1 cup Iroquois Hulled White Corn in water overnight. Drain and rinse. Place in stockpot and add water to cover corn by 3". Bring to a boil. Reduce heat to low and cook for 3 hours. Cook longer if you prefer the texture tender or softer. *Method 2 (Crockpot Preparation):* Place dried corn in a crockpot. Add water to cover by 3". Cook 6 ½ hours on high setting or 10 hours on low. Drain and rinse.

Chop up the onion, carrot, and bell pepper into pieces no bigger than a bean.

In a big soup pot, heat the oil over medium heat. Add the onion, carrot, and bell pepper and sauté them until they begin to brown, about 5 minutes. Add garlic, jalepeño, soy sauce, and spices and cook all that together for another 30 seconds. Add the tomatoes, pumpkin, broth, and beans and stir it up so that everything is mixed. Turn down the heat and cover and let simmer together for about 15 minutes. Stir occasionally.

When everything is done simmering, turn off heat and stir in the lime juice. Serve right away with your favorite toppings.