

## Roasted Southwest Pumpkin Stew

### Ingredients

3 cups cooked chicken or turkey, chopped  
2 Tbsp vegetable oil  
1 onion, chopped  
3 cloves garlic, minced  
2 – 4oz cans diced green chilies  
2 cups hominy or 1 20oz can  
1 teaspoon cumin  
1/4 teaspoon red chili powder  
1 teaspoon cinnamon  
4 cups fresh pumpkin puree or 2 cans pumpkin  
4 cups reduced sodium chicken broth or vegetable broth  
salt to taste

### Directions

In a large soup pot sauté the onion and garlic in the oil. When the onions are clear add the broth, cumin, red chili powder, and cinnamon, mix well. Add the pumpkin and mix well. Add the chicken or turkey, diced green chilies and hominy. Mix well to break up any clumps of hominy. Bring to a slight boil and then simmer the stew on low for 15 – 30 minutes to thicken, stirring often. Salt to taste.

Garnish with sour cream and roasted pumpkin seeds if desired.

Enjoy!



Recipe adapted from Miz Helen's Kitchen