



Symbiosis Ranch Recipes

Pumpkin or Squash Chili

4 T oil

1 c. chopped onion

2 c. chopped red pepper

3 cloves garlic, freshly chopped

2 lbs ground turkey

5, 6 oz cans of tomatoes with juice (equals 1 qt & 1 pt)

2, 9 oz cans of pumpkin or squash (we use fresh steamed butternut)

2, 15 oz cans of tomato sauce

2, 15 oz cans of kidney beans, drained

1, 15 oz can of black beans

8 oz diced green chiles

1 can whole kernel corn

1, 15 oz chicken broth

2 T chili powder

2 t. cumin

2 t. salt

1 t. pepper

1 1/2 to 2 c. water (optional)

Cook onion, pepper, and garlic in oil 5 - 7 mins. Add turkey and brown it. Add tomatoes, squash/pumpkin, sauce etc. and spices, only add water if needed.