

HEALTHY COOKING

Second Harvest Food Bank of East Tennessee



PUMPKIN

- ◆ Member of red/orange fruit group!
- ◆ High in fiber, which helps digestion and heart health
- ◆ A good source of Vitamin A, which helps protect eye health!



BLACK BEANS

- ◆ Beans are a vegetables and a good source of protein.
- ◆ Recommend 3 cups/week.
- ◆ Fiber helps you feel full and gives you a happy gut!



CORN

- ◆ High in fiber which can reduce risk of heart disease.

FOOD SAFETY

1. Wash hands first and often
2. Wipe off cooking space with sanitizer.
3. Do not mix raw meat with raw vegetables.
4. Wash vegetables and fruits.
5. Use a food thermometer

Food	Temp ^o F)
Ground meat	160
Non-ground beef	145
Poultry	165
Pork	145
Egg	160
Leftovers/ Casseroles	165
Fish	145



Pumpkin Chili

Ingredients:

- 2 tablespoons Canola Oil
- 1 onion, chopped
- 1 bell pepper, chopped
- 1 15oz can of pumpkin
- 1 15 oz can of Garbanzo beans
- 1 15 oz can of black beans
- 1 15 oz can of corn
- 2 15oz cans of diced tomatoes
- 1 cup of Chicken Broth
- 3 tablespoons Chili Powder
- 1 tablespoon Garlic Powder
- 1 tablespoon Paprika
- 1 tablespoon Cumin
- 1 teaspoon Cinnamon

Recipe:

1. In a large pot, on medium high heat, add canola oil, onion and bell pepper. Stir occasionally until onion starts to appear clear.
2. In a colander, strain and rinse beans and corn. Add beans and corn to pot.
3. Add tomatoes, chicken broth, pumpkin and spices to pot. Stir until well combined.
4. Cook for 10 minutes, stirring occasionally.
5. Add dollop of plain yogurt or sour cream, if desired.