**Pumpkin Chili**

*Submitted by Stacey Gregrow*

1lb ground beef

1 box (quart) tomato and red pepper soup

1 can pumpkin

1 can tomatoes

1 large sweet potato, chopped

1 onion, chopped

1 c carrots, chopped

1 bell pepper, chopped (any color)

3ish tbsp fat

1 tea cinnamon

½ tea nutmeg

1 tea cumin

1 tbsp salt

1 tbsp pepper

In a large pot, warm up the fat of your choice (I used bacon grease) and then place all fresh veggies in to sauté a bit. Stir occasionally, sautéing for about 5 mins, then add the ground beef and seasonings, continuing to sauté and brown the meat for about 5 more minutes. Lastly, add everything else and stir. Set the burner to a medium heat and leave it to simmer for an hour at least, stirring every 10-15 minutes.

* You really can’t go wrong with this recipe, add in any veggies and it will be great
* For a spicy kick, add 1 tea chili powder or even spicier, Cayenne Pepper.