



## **Becky's Hearty White Bean Pumpkin Chili**

Servings: 4

### **Ingredients:**

- 1 pound lean ground beef
- 1 can (15 ounces) white beans, drained and rinsed
- 2 teaspoons onion powder
- 1 can (15 ounces) pumpkin, plain
- 1 can (14.5 ounces) chicken or vegetable broth, low-salt
- ½ teaspoon thyme or tarragon (optional, to taste)
- 1 cup water (or to desired thickness)
- Salt and pepper (optional, to taste)

### **Directions:**

1. Wash hands and surfaces.
2. Brown ground beef in a skillet over medium high heat until done. Drain.
3. In a soup pot, mix beef, beans, pumpkin, broth and spices. Add water if too thick.
4. Cover and cook over low heat for about 15 to 20 minutes until warmed through.
5. Enjoy! Refrigerate leftovers immediately.

Adapted from USDA,  
[whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/pumpkin-soup](https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/pumpkin-soup)

### **COOKING TIP**

Add some of your favorite canned vegetables to make the soup more hearty. Drain and add to soup pot before heating.



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## Pumpkin Peanut Butter Sandwich

Servings: 2

### Ingredients:

- ½ cup canned pumpkin
- ½ cup creamy or crunchy peanut butter
- 4 slices whole wheat or white bread
- 1 medium banana, sliced (optional)



### Directions:

1. Wash hands and surfaces.
2. Combine pumpkin and peanut butter in small bowl and mix together with fork or spoon until well blended.
3. Spread 1 tablespoon pumpkin peanut butter spread on each slice of bread.
4. Top the pumpkin spread with banana slices (optional).
5. Top with the second slice of bread to make sandwiches.
6. Refrigerate leftovers immediately.

\*Store remaining pumpkin peanut butter spread in a tightly covered, nonmetal container for up to five days in a refrigerator.

Adapted from USDA, [whatscooking.fns.usda.gov/recipes/food-distribution-fdd/pumpkin-peanut-butter-sandwich](https://whatscooking.fns.usda.gov/recipes/food-distribution-fdd/pumpkin-peanut-butter-sandwich)

## Pumpkin Muffins

Servings: 12

### Ingredients:

- 1 package (18.25 ounces) spice cake mix
- 1 can (15 ounces) pumpkin



### Directions:

1. Wash hands and surfaces.
2. Preheat the oven to 350 degrees F. Grease a 12-cup muffin pan or line with paper baking cups.
3. In a large bowl, mix ingredients until smooth. Spoon equal amounts of batter into the prepared muffin cups.
4. Bake for 25 minutes, or until a toothpick inserted in muffin's center comes out clean.

### COOKING TIPS

Substitute other flavors of cake mixes to create different muffins with this easy recipe.

Also try adding nuts or fruit (such as blueberries) to these muffins for even more variety.

## Pumpkin Pudding

Servings: 7

### Ingredients:

- 1 package (5.1 ounces) vanilla instant pudding
- 1 can (12 ounces) evaporated low-fat or fat-free milk
- 1 can (15 ounces) pumpkin
- 1 teaspoon cinnamon (optional)

### Directions:

1. Wash hands and surfaces.
2. Beat all ingredients together in large bowl for two minutes.
3. Spoon into dessert dishes.
4. Refrigerate for 30 minutes or until ready to serve.
5. Enjoy! Refrigerate leftovers immediately.



Adapted from USDA, [whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/pumpkin-pudding](https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/pumpkin-pudding)

## Running out of money for food?

Contact your local food stamp office or go online to: [dss.mo.gov/fsd/fstamp/](https://dss.mo.gov/fsd/fstamp/)

## Helpful Tips if Using Fresh Pumpkin

**IN SEASON:** August to November

**GENERAL INFO:** Pumpkin is a source of vitamin A, an antioxidant that may reduce your risk of heart disease and certain cancers. Vitamin A also helps maintain eye health. Pumpkin is also a source of potassium, vitamin K, magnesium and fiber. Potassium helps maintain healthy blood pressure, vitamin K and magnesium help build and maintain strong bones, and fiber helps control cholesterol and keeps you regular.

**VITAMINS:** Vitamin A, Vitamin K, Potassium, Magnesium, Fiber

**CHOOSE:** Choose well-shaped pumpkins that are firm and slightly heavy. They should have tough skin without any wrinkles or blemishes.

**STORE:** In a cool, dry place. Whole unblemished pumpkins can be stored for 3 to 6 months at 45 to 50 degrees F.

**PREPARE:** Wash pumpkin, cut and remove seeds.

**SERVE:** To bake, cut in half. For larger pumpkins, cut into quarters and place pumpkin pieces in a shallow baking dish. Bake at 350 F for 30 minutes to 1 hour or microwave on high for 15 minutes. Pumpkin is done when it is tender. Mash with brown sugar or maple syrup and a little butter. Puree and serve as the base of a savory soup or in a sweet pie. Pumpkins can also be peeled, diced and boiled for 25 to 30 minutes. Spread on toast and top with cinnamon and sugar.

From MU Extension Season and Simple, [seasonalandsimple.info](https://seasonalandsimple.info)



## MEASUREMENT EQUIVALENTS

3 teaspoons	= 1 tablespoon
4 tablespoons	= ¼ cup
5 ⅓ tablespoons	= ⅓ cup
16 tablespoons	= 1 cup
2 cups	= 1 pint
4 cups (2 pints)	= 1 quart
4 quarts (liquid)	= 1 gallon

## COOKING TERMS

**BEAT:** To mix rapidly in order to make a mixture smooth and light by incorporating as much air as possible.

**BLEND:** To incorporate two or more ingredients thoroughly.

**PUREE:** To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill or by whirling in a blender or food processor.

## Roasted Pumpkin Seeds

### Ingredients:

- Pumpkin seeds
- Butter
- Seasonings such as garlic powder, onion powder or Parmesan cheese (optional)



### Directions:

1. Wash hands and surfaces.
2. Preheat oven to 375 degrees F.
3. Wash the seeds and spread them on a cookie sheet.
4. Roast the seeds until dry, typically about 20 minutes.
5. Dot the seeds with butter or margarine and heat for 5 to 10 more minutes at 400 degrees F, stirring the seeds often.
6. For extra flavor, sprinkle the roasted pumpkin seeds with garlic powder, onion powder or Parmesan cheese. Store in a covered container.

Recipe courtesy of MU Extension Seasonal and Simple, [seasonalandsimple.info](http://seasonalandsimple.info)

We hope you enjoy the recipes!

For additional information on nutrition and physical activities you can do with your family, call MU Extension's Show Me Nutrition line at **1-888-515-0016**.

Each caller will receive a free healthy gift!

For more recipes and physical activity ideas, visit us online at [missourifamilies.org](http://missourifamilies.org)

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