



## Athlete Recipe Share - Pumpkin Chili - Leonka

- 1 kg lean ground beef
- 1 yellow onion diced
- 1 cup celery diced
- 1 bottle Heinz Chili Sauce
- 3 cans Heinz baked beans in tomato sauce
- 1 can (540gms) Accents Tomatoes (Chili)
- 1 can (796 ml) Pure Pumpkin
- 3 tbsps brown sugar
- 6-8 sprinkles Chili powder (to taste)

### Instructions:

Cook meat until no pink pieces

Add onion, celery, Chili sauce, cook for 10 minutes stirring occasionally

Add remaining ingredients, stir, cover and simmer 30 minutes.

### Serving suggestions:

- Bowl with bun or garlic toast
- Heated served as dip with tortilla chips
- On hot dog to make chili dog
- Taco salad
- Topping on baked potato