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Two Ways to Love Pumpkin This Chili Season!

Hi ,

As we head full speed into fall, having a few make-ahead recipes with plenty of leftovers can be a huge stress reliever—delicious the first time and easily repurposed into quick, hearty meals all week long. That's why I'm excited to share two of my favorite plant-based chilis: [Hearty Roasted Pumpkin and Black Bean Chili](#) and [Creamy Pumpkin Black Bean Chili](#).

These bowls of goodness take pumpkin beyond the latte, blending it with beans, spices, and rich, savory flavors that make every bite satisfying. Whether you're meal-prepping for the week or cooking for a cozy night in, these chilis are a must-try for fall.

Recipes

Here's how I'll be feeding my family pumpkin this season—beyond the lattes and pies:

[Hearty Roasted Pumpkin and Black Bean Chili](#)

Roasted pumpkin, black beans, and bold spices come together for a chili that warms from the inside out.

[Creamy Pumpkin Black Bean Chili](#)

Velvety, warming, and full of autumn flavors, this chili pairs perfectly with crusty bread for a cozy, plant-based dinner.



DIY Taco Seasoning Mix

I rely on store-bought taco mix for my chilis, but going plant-based made me start reading labels more closely. Many seasoning, gravy, and sauce mixes are loaded with sodium, preservatives, and fillers—though some brands are better than others. Checking ingredients makes a big difference, or you can skip the guesswork and make your own with this DIY taco seasoning mix (salt-free).



Mix and store in a small jar:

- 🍂 1 tablespoon chili powder
- 🍂 1 teaspoon cumin
- 🍂 1 teaspoon paprika
- 🍂 ½ teaspoon garlic powder
- 🍂 ½ teaspoon onion powder
- 🍂 ½ teaspoon oregano
- 🍂 ½ teaspoon cornstarch
- 🍂 ¼ teaspoon cayenne (optional)

Use 2–3 tablespoons in place of a store-bought taco seasoning packet. Make it your own by adding smoked paprika, chipotle, or ancho chili powder. A touch of bay leaf powder adds an earthy note. A pinch of cinnamon, allspice, or cocoa powder brings surprising depth.

Fall in Love with Plant-Based Chili

I hope these pumpkin chili recipes inspire you to bring a little extra warmth and comfort to your fall meals. Whether you stick with a store-bought seasoning or whip up your own DIY taco mix (salt-free), these chilis are easy, flavorful, and perfect for enjoying throughout the week. Give them a try, share them with friends or family, and savor the cozy, plant-based goodness that pumpkin brings to your table this season.

Until next time, wishing you warm kitchens, full hearts, and PLANTifull pumpkin magic.

With PLANTifull love,

~ **Donna**

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