

PUMPKINS, PUMPKINS EVERYWHERE!

By Dr. Cathy



Markets and grocery stores are setting up their Fall displays, with Pumpkins and gourds galore and the possibilities are endless for creating wonderfully delicious and nutritious dishes from this member of the Squash Family.

QUICK FACTS ABOUT THE MIGHTY PUMPKIN

Pumpkin is high in beta-carotenes, which is converted to Vitamin A in the body, and is responsible for its lovely orange colour. These help to repair damage done by free radicals in the body and also assist with repairing and building the immune system.

Pumpkin contains high doses of Vitamins C and E, pantothenic acid (Vitamin B5), magnesium, potassium and both alpha-and beta-carotene. The beta-carotene is able to help reverse sun related skin damage and also acts as an anti-inflammatory. Magnesium helps to normalise the heart functions and to build a healthy immune system. It also helps with building bone strength. Vitamin B5 helps the body to cope with stress and can balance hormone levels. This fruit also packs quite a punch in the fiber department, offering an average of 5 grams per cup. Another lesser-known carotenoid found in pumpkin is beta-cryptoxanthin, which is thought to help decrease the risk of lung cancer in smokers.

PUMPKIN CHILI RECIPE

INGREDIENTS

Use Organic ingredients as much as possible

- 2 cups Fresh or Canned Pumpkin
- 3 lbs Lean Ground Beef (Grass-fed / No Hormones)
- 2 cans Red Kidney Beans
- 2 Medium Onions, chopped
- 3 cans Cut Tomatoes, 15 ounce
- 2 Tbsp Chili Powder
- 1/4 tsp Red Pepper (optional)
- 2 Tbsp Sugar
- 1 tsp Salt
- 2 Bay Leaves
- 1 cup Mushrooms (optional)

PREPARATION

1. Brown ground beef and drain off excess fat.
2. Put ground beef into a large pot.
3. Add each ingredient into the pot.
4. Cook on low for one to two hours.
5. Serve with crackers. (gluten free)

