



# List of Supplies Needed

## Pumpkin Black Bean Chili Recipe

### General

- Recipe

### Cooking

- Aprons
- Measuring cups & spoons
- Cutting mat/board
- Plastic/butter knife
- Can opener
- 4-quart pot
- Wooden spoon
- Stovetop

### Food & Produce

- Olive oil
- Onion
- Bell peppers
- Tomato sauce
- Black beans
- Chili powder
- Ground cumin
- Paprika
- Chili flakes (optional)
- Ground black pepper
- Mexican oregano
- Tomatoes
- Pumpkin puree
- Garlic
- Pumpkin seeds

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[foodliteracycenter.org/recipes](https://foodliteracycenter.org/recipes)

