

ROASTED PUMPKIN 'N CHICKEN SPICE CHOWDER

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Review It

1 RED BELL PEPPER

1 TO 2 JALAPENO PEPPER

1 GREEN BELL PEPPER

2 TBSP. OLIVE OIL

1-1/2 LBS. CHICKEN BREASTS, BONELESS AND SKINLESS, DICED

1 LEEK, WHITE AND LIGHT GREEN PARTS ONLY FINELY CHOPPED

2 LBS. (APPROX. 1) SUGAR PUMPKIN, SEEDS REMOVED AND CUT IN HALF

3 TBSP. ALL-PURPOSE FLOUR

2 TSP. GROUND CUMIN

1 SPRIG FRESH SAGE

1/2 TSP. CHILI POWDER

1/2 TSP. ANCHO CHILE POWDER

1 TSP. SALT

1/2 TSP. BLACK PEPPER, FRESHLY GROUND

1 EAR CORN, KERNELS REMOVED

3 (14.5 OZ.) CANS LOW-SODIUM CHICKEN BROTH

1/2 CUP SOUR CREAM (OPTIONAL)

1 BAY LEAF

FOR GARNISH ROASTED PEPITAS OR PUMPKIN SEEDS

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PREPARATION

- When ready to cook, start the Traeger on Smoke with the lid open until the fire is established (about 5 minutes). Close the lid and preheat to High heat for about 15 minutes.
- Place all of the peppers directly on the grill grate and roast for about 10 minutes, or until they have charred, turning occasionally.
- Lightly drizzle the pumpkin halves with olive oil and cook the pumpkin at the same time as the peppers are roasting for about 15 to 20 minutes or just until the pumpkin starts to soften but don't let it turn to mush!

- While the peppers are still warm, seal the charred peppers in a plastic bag for 10 to 12 minutes. Peel, stem, seed, and cut peppers into 1/2-inch pieces. Set aside.
- After the pumpkin is cool enough to handle, remove the skin and cut the flesh into 1-inch chunks.
- Heat the olive oil in a large Dutch oven either on the Traeger or over medium-high heat on the stovetop. Add the chicken pieces and cook until browned. Remove the chicken and keep warm.
- Add the leeks and sauté for about 5 minutes, or until they have softened. You may need to add in a little bit more olive oil.
- Add in the flour, cumin, chili powder, ancho chile powder, salt, and pepper and cook for 1 to 2 minutes.
- Add the corn, diced roasted peppers, pumpkin, browned chicken, broth, sage, and bay leaf and bring the soup to a boil. Reduce heat to low and simmer, about 30 minutes.
- Remove the sage and bay leaf and garnish with sour cream and a sprinkle of pepitas, if desired, and serve hot. Enjoy!

Difficulty:	2/5
Prep time:	15 mins
Cook time:	1 hr
Serves:	6 - 8
Hardwood:	Mesquite

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15 mins | 11 Ingredients



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10 mins | 9 Ingredients



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10 mins | 10 Ingredients



OKTOBERFEST PRETZEL MUSTARD CHICKEN

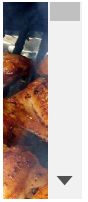
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15 mins | 8 Ingredients

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