



Butternut Squash Chili

3 servings

40 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 4 cups Butternut Squash (peeled, chopped into 1/2-inch pieces)
- 1/2 cup Red Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 1/2 tsp Cumin
- 1 1/2 tps Chili Powder
- 3/4 tsp Sea Salt
- 2 cups Black Beans (drained, rinsed)
- 3/4 cup Vegetable Broth
- 1 1/2 cups Diced Tomatoes

Directions

- 1 Heat the oil in a large dutch oven or pot over medium heat. Once hot, add in the squash, onion, and bell pepper and saute for five minutes.
- 2 Reduce the heat to medium-low and add the cumin, chili powder, salt, beans, broth, and tomatoes. Simmer covered for 25 to 30 minutes, until the squash is cooked through and some of the liquid has reduced.
- 3 Season with salt to taste and divide into bowls, serve and enjoy!

Notes

Leftovers: Refrigerate in a sealed container for up to four days, or freeze for up to two months.

Serving Size: One serving is equal to about 1 1/2 cups of chili.

More Flavor: Add more spice such as cayenne.