

BUTTERNUT SQUASH CHILI

NUTRITION FACTS

Serving Size: 1 1/2 cups (recipe makes about 3 servings)

Calories: 329 | Carbohydrates: 59g | Protein: 14g | Total Fat: 6g | Saturated Fat: 1g | Fiber: 16g | Sodium: 235mg

INGREDIENTS

- 1 Tbsp Extra virgin olive oil
- 1/2 cup Red onion (chopped)
- 1 Red bell pepper (chopped)
- 1/2 tsp Cumin
- 1 1/2 tsps Chili powder
- 4 cups Butternut squash (peeled, chopped into 1/2-inch pieces)
- 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, 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 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.

More Flavor: Add some spice such as cayenne.





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