

# Butternut Squash Chili

10 ingredients · 40 minutes · 3 servings



## 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.

## Ingredients

- 1 **tblsp** 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 **tsps** Chili Powder
- 3/4 **tsp** Sea Salt
- 2 **cups** Black Beans (drained, rinsed)
- 3/4 **cup** Vegetable Broth
- 1 1/2 **cups** Diced Tomatoes

## Nutrition

Amount per serving

<b>Calories</b>	329	Vitamin C	104mg
<b>Fat</b>	6g	Calcium	159mg
Saturated	1g	Iron	5mg
<b>Carbs</b>	59g	Vitamin D	0IU
Fiber	16g	Vitamin B6	0.6mg
Sugar	11g	Folate	245µg
<b>Protein</b>	14g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	155mg
Sodium	824mg	Zinc	2mg
Potassium	1230mg	Selenium	3µg

