

CHIPOTLE BUTTERNUT SQUASH AND BLACK BEAN CHILI

Chili is the perfect warming winter food, but it's hard to find a recipe that isn't too meaty or loaded with tons of beans. Using butternut squash as the base for this chili and seasoning it with chipotle peppers gives it sweetness, smokiness, and bite, all in the same spoonful. You can spoon it over rice or cauliflower rice, and if you have extra, which you probably won't, try it over a plate of tortilla chips for some bang-up nachos.

INGREDIENTS

1 medium yellow onion, finely diced
2 tablespoons olive oil
1 teaspoon ground cumin
1 teaspoon dried oregano
3 cloves garlic, minced
1 tablespoon adobo sauce from canned chipotle peppers
1/2 teaspoon salt
1 15-ounce can diced tomatoes, drained
8-10 cups butternut squash, 1/2-inch diced (about a 3 lb. butternut squash)
1 cup vegetable broth, low sodium
1 15-ounce can black beans, drained and rinsed
squeeze of lime, 1 tablespoon cilantro

cauliflower rice*, or rice
vegan sour cream (optional)
avocado, diced (optional)
tortilla chips (optional)
scallions chopped (optional)

MAKES SIX TO EIGHT SERVINGS

1 Heat a large stockpot to medium and add olive oil. Add onions and cook until translucent, about 5-7 minutes.

2 Add cumin, oregano, garlic, and adobo sauce and cook for 1 minute until fragrant.

3 Add tomatoes and salt and cook for another 5 minutes, stirring frequently.

4 Add vegetable broth and stir. Add butternut squash. Bring to boil, then lower heat to simmer. Cover and cook for 10 minutes.

5 Uncover and cook for about 5-10 minutes until the squash is almost done or a knife can easily pierce through.

6 Add black beans, toss, and cook for another 1-2 minutes.

7 Add a squeeze of lime and cilantro. Adjust salt and pepper to taste.

8 To plate, spoon chili over cauliflower rice or regular rice, then add with your favorite toppings.

NOTES

- *To make cilantro-specked cauliflower rice, defrost some cauliflower rice. Warm a sauté pan to medium, add the rice and let the water cook out for 2-3 minutes. Add cilantro, salt, pepper, and a squeeze of lime.
- Try this chili over nachos! Lay out some tortilla chips on a baking sheet. Sprinkle with cheese (go vegan if you have it!) and warm in the oven until the cheese is melted. Add the warmed chili. Then top with diced avocado, scallions, sour cream (vegan if you have it!) and serve.