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Recipe: **Black Bean, Butternut Squash and Chipotle Chili**



Ingredients:

- 1 cup onion, sweet, diced
- 1 cup red bell pepper, diced
- 2 tsp canola oil
- 1 Tbsp garlic, minced
- 1 lb. butternut squash, peeled, diced
- 4 cups black beans, canned, rinsed
- 1 can tomatoes, diced, 14 oz., low sodium
- 2 cups vegetable stock, reduced sodium
- 1 Tbsp chili powder
- 1 tsp cumin, ground
- 1 ea. bay leaf
- ¼ tsp cinnamon
- 1 Tbsp chipotle peppers in adobo, canned, mashed
- ½ tsp kosher salt
- ½ avocado (garnish)
- ¼ cup cilantro, fresh, garnish



Directions:

Heat oil in a small stockpot. Add diced onion and sauté until softened and translucent. Add diced red pepper and garlic and continue to sauté until pepper is just softened. Add diced butternut squash, black beans, tomatoes and vegetable stock along with chili powder, cumin, bay leaf, cinnamon and chipotle peppers. Bring to a low simmer and cook until squash is just tender. Taste and lightly season with salt if needed. Remove bay leaf and serve.

To serve, ladle into soup bowls and top garnish with fresh avocado and chopped fresh cilantro.

Serves 10-12

