



Butternut Squash Chili

Prep Time: 20 min

Cook Time : 60 min

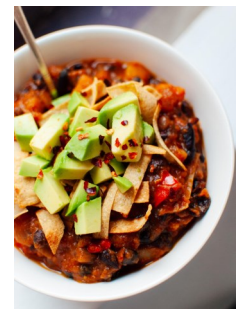
Serves: 4

NUTRITION FACTS, PER SERVING:

730 Calories

36 total grams of fat

620 mg of sodium



INGREDIENTS: **** Items not included in kit**

- 2 TB extra virgin olive oil**
- 1 cup diced red onion
- 1 red bell pepper, diced
- 20 oz. cubed butternut squash
- 3 garlic cloves, peeled & minced
- Butternut Squash Chili Spice Blend
(1 TB chili powder, 1 tsp ground cumin, 1/4 tsp ground cinnamon, 1 bay leaf)
- 1 TB chipotle in adobo sauce, or to taste
- 2 (15.5 oz) cans black beans, rinsed & drained
- 1 (14.5 oz) can diced tomatoes
- 2 cups vegetable broth
- Salt & pepper, to taste**
- 1 cup shredded cheddar cheese
- Crushed corn chips
- 1 avocado, diced

DIRECTIONS:

1. In a large stock pot or Dutch oven, heat **2 TB olive oil** over medium high heat. Add the **diced onion, diced red bell pepper, and cubed butternut squash**. Cook stirring occasionally until the onions are translucent, about 5 minutes. Season with **salt and pepper to taste**.
2. Reduce the heat to medium and add **3 cloves minced garlic, Chili Spice Blend, and preferred amount of chipotle in adobo sauce** depending on heat/spice preference. Stir for 30 seconds.
3. Add the rinsed and drained cans of **black beans, diced tomatoes, and 2 cups vegetable broth**. Stir to combine, cover and reduce heat to medium low, for 45 minutes, stirring occasionally.
4. Remove lid, find bay leaf and discard. If needed, add more **vegetable broth** to reach desired consistency.
5. Serve in bowls topped with **shredded cheddar cheese, crushed corn chips and diced avocado**.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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