

Sarah's Healing Touch

Butternut Squash Black Bean Chili (Vegan/GF)

My Mom made this chili and it was so good that I had to post the recipe to share the love. Enjoy!



Ingredients

- 2 T. organic extra virgin olive oil
- 1 Butternut squash peeled and diced
- 1 Onion diced
- 4 Cloves of garlic minced
- 2 T. chili powder
- ½ t. ground chipotle chili powder
- 1 T. ground cumin
- ½ t. real salt
- ¼ t. fresh ground pepper
- 1 ½ C. vegetable broth
- 2 (15 ounce) cans black beans, rinsed (or 2 ½ C. freshly cooked)
- 1 (15 ounce) can tomatoes with green peppers
(Fire roasted tomatoes w/green chilies is a winner for our household!)
- 4 t. fresh lime juice

Rejuvenate Refresh Relax

Sarah's Healing Touch

- 1/2 C. chopped cilantro (for topping)

Directions:

Place the oil in a large pot or Dutch oven over medium-high heat. Add the butternut squash and onion and cook for about 4 minutes, or until the onion softens slightly. Season with the garlic, chili powders, cumin, and salt. Stir to ensure the spices are evenly distributed and cook for about 30 seconds or until they become fragrant. Add the stock and bring the mixture to a soft boil. Cover, reduce heat and simmer for 10 minutes or until the butternut squash is tender. Add the beans, tomatoes and lime juice to the pot. Increase the heat to high then cook for about 4-5 minutes or until the sauce is slightly reduced. Remove from heat, stir in the cilantro and enjoy!

Note: Any chili type dishes are always better the next day so this is a great dish to make the day before so all the seasonings can mix and marinate together well.

Rejuvenate Refresh Relax