

Spicy Butternut Squash Chili

Recipe © Renee Clerkin RD LDN, guest contributor

Servings: ~4

Ingredients:

- 1 Tbl. olive oil
- 2 green bell peppers, chopped
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 2 (14.5-ounce) cans stewed tomatoes, chopped with juice
- 1 (16-ounce) can red kidney beans, rinsed and drained
- 1 small butternut squash, peeled and cubed (about 2 cups)
- 2 cups low-sodium vegetarian broth
- 1/2 Tbl. ground cumin
- 2 teaspoons chili powder
- 1/2 teaspoon hot sauce (more or less based on preference)

Directions:

1. Heat oil in medium saucepan on medium heat.
2. Add bell pepper, onion, and garlic; stir frequently for 3-4 minutes.
3. Stir in remaining ingredients and bring to a boil over medium-high heat.
4. Cover, reduce to simmer, and stir occasionally for 15 minutes.
5. Uncover, and cook an additional 15 minutes, or until squash is tender and chili is thickened.

Nutrition:

 (Serving size: ¼th recipe)

calories: 241
sugars: 12g

protein: 9.3g
sodium: 668mg

total carbohydrate: 44g
dietary fiber: 8.3g

total fat: 4.1g
saturated fat: 0.6g