

BUTTERNUT SQUASH CHIPOTLE

VEGAN CHILI



SERVES: 6

PREP TIME: 15 MINUTES

COOK TIME: 35 MINUTES

TOTAL TIME: 50 MINUTES

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.

INGREDIENTS

- 1-2 tsp extra virgin olive oil or grapeseed oil
 - 1 medium yellow onion, diced
 - 2 red bell peppers, seeded and diced
 - 1 small butternut squash, ~ 2 cups, peeled and cubed
 - 4-5 garlic cloves, minced
 - 2 tsp chili powder
 - 1/2 tsp cumin
 - 1/2 tsp smoked paprika
 - 1/2 tsp oregano
 - 1/2 tsp celtic sea salt
 - 1 TSBP chipotle pepper in adobo, seed and dice pepper, (optional)
 - 1 can (15 oz) black beans, no salt added, drained and rinsed
 - 1 can (15 oz) pinto beans, no salt added, drained and rinsed
 - 1 bay leaf
 - 1/2 cup quinoa, uncooked
 - 2 cans (15 oz) diced tomatoes, no salt added, liquid slightly drained
 - 2 cups vegetable broth*
- Recommended toppings: Cashew sour cream*, diced avocado, cilantro, green onions

METHOD

Prepare a large stock pot or dutch oven by placing over medium-high heat.

Add oil and onions, stirring occasionally for 2-3 minutes.

Add bell peppers, squash, garlic, spices, salt, and chipotle peppers.

Stir well to combine and cook for 2-3 minutes more, continuing to stir occasionally. Your kitchen should be smelling amazing at this point!

Next, add beans, tomatoes, broth, quinoa, and bay leaf. Stir and bring to a boil.

Reduce heat to a simmer, cover, and cook for 20-25 minutes until squash is tender and quinoa is translucent.

Taste for salt and pepper. Serve with recommended toppings! Enjoy!

NOTES:

Homemade vegetable broth: Save veggie scraps in a gallon size ziplock bag (onions, garlic, bell peppers, celery, herbs). When bag is full, place in a large stock pot with 9 cups of filtered water, 1 tsp celtic sea salt, and 1 bay leaf. Bring to a boil, simmer for 1 hour. Strain out veggie scraps. Store in the fridge for up to 1 week in a sealed container or freeze. Makes approximately 6 cups.

Homemade cashew sour cream: Soak 1 cup raw cashews in water for at least 2 hours or overnight. Drain and rinse. Place in the container of a blender or food processor with 1 tsp apple cider vinegar, 1 TBSP lemon juice, and 1/2 tsp salt. Add 3/4 to 1 cup of water (start with 3/4 cup and add more for desired thickness). Blend well for 2-3 minutes until you reach a smooth, creamy texture. Store in the fridge, covered, for 2-3 days.

NUTRITION:

Serving Size: 1/6 of recipe (nutrition information does not include toppings)

Total Calories: 258 Total Fat: 4 g Sodium: 233 mg Potassium: 1006 mg

Carbohydrates: 47 g Fiber: 12 g Sugar: 6 g Protein: 11 g

Vitamin A: 149% Vitamin C: 119% Calcium: 10% Iron: 22% (Daily Value)