



# Entree

## Butternut Squash & 4 Bean Chili

Vegetarian Recipe

### Ingredients:

- 1 TBSP extra-virgin olive oil
- 3 cups chopped onion
- 1.5 cups chopped carrots
- 3 large garlic cloves, minced
- 4 cups low-sodium vegetable broth
- 3 cups diced butternut squash (or pumpkin)
- 1 28-oz can crushed tomatoes
- 4 15-oz cans beans (I used black, pinto, cannellini, and red beans)
- 3 TBSP chili powder
- 1 TBSP cumin
- 1 tsp cinnamon
- $\frac{3}{4}$  tsp salt
- $\frac{1}{4}$  tsp cayenne pepper (optional)
- For toppings: diced onion, cotija cheese, roasted pumpkin seeds



### Directions:

1. Heat oil in large pot over medium-high heat. Add onion and cook, stirring often, until it starts to brown (~5 min). Reduce heat to medium. Add carrot and continue cooking, stirring often, until the vegetables are soft (~4-5 more min).
2. Add garlic and continue to cook for an additional minute.
3. Next, stir in broth and bring to a boil over high heat. Add squash, tomatoes, beans, chili powder, cumin, cinnamon, salt, and cayenne. Cover and return to a boil.
4. Reduce heat to maintain a gentle simmer and cook, uncovered, until the squash is tender, about 30 minutes.
5. Serve garnished with onion, cheese, and pumpkin seeds if desired.

**Serves: 4-6**