

Black Bean and Butternut Squash Chili

Ingredients:

2-3 T extra virgin olive oil

1 medium onion, peeled and chopped

3 cloves of garlic, chopped

Medium green pepper, seeded and chopped

1 jalapeño pepper, finely chopped

2 t cumin seeds, ground or 2 t cumin powder*

2 t paprika

½ t dried thyme

1 t dried oregano

¼ to ½ t cayenne pepper

1 large can (26 oz.) chopped tomatoes (I love Muir Glen fire-roasted)

1 med. Butternut squash, peeled and seeded and chopped into 1 inch pieces (Feel free to buy the packages of prepared squash, peeled and chopped if you are pressed for time; better to use that than to not make it at all!)

2-3 cans of black beans (You can substitute other types of beans also; I used one can of black and 1 can of black-eyes peas the last time!)

1 Cup chicken or vegetable stock

3 T chopped fresh cilantro

1 1/2 t salt

In a large saucepan or Dutch oven, heat the olive oil over medium heat and sauté the onions and garlic. Once the onions start to wilt, add the green pepper and jalapeño. After about 3-5 minutes, add the cumin, paprika, thyme, oregano and cayenne pepper. Stir well and then add the squash, tomatoes with their juices, beans, and stock. Add salt, only adding salt if you have unsalted beans and/or rinsed and drained AND low-sodium stock. You can always taste at the end for salt. Turn heat up, bring to a boil, and give it a good stir and then turn down to low, cover, and simmer for 50 minutes or more.

Serves 6