

Butternut Harvest Chili

The great thing about this recipe is you can use all canned or frozen ingredients if you'd like, which means this is a perfect meal when shopping on a budget. You can also add in extras, like kale, peppers, or even chicken.

Makes: 6 Servings

Source: SNAP4CT.com recipe/Butternut Harvest Chili



Small Changes,
BIG Difference!

Ingredients

- 2 cups butternut squash, peeled, seeded, diced
- 2/3 cup onions, diced
- 1/3 cup carrots, shredded or chopped
- 1/2 Tbs olive or vegetable oil
- 1 can (15 oz) diced tomatoes, no added sodium
- 2 Tbs tomato paste, no added sodium
- 1 can black beans, drained and rinsed
- 1 Tbs chili powder
- Optional: 1/4 cup apple juice

Directions

1. Heat oil in large pot over medium heat.
2. Add onions and cook until translucent, about 5 minutes.
3. Add in butternut squash and cook for 10-15 minutes (or 2-3 min if using frozen).
4. Add remaining ingredients. Bring to a boil.
5. Reduce heat and simmer, covered, until vegetables are tender (about 45 minutes for fresh, 25 min for frozen), stirring occasionally.

Utensils Needed

- Large Pot
- Knife
- Cutting Board
- Serving Bowls



Nutrition Information

Serving Size: 1/6 of recipe

Nutrients	Amount
Calories:	130
Total Fat:	1.5 g
Saturated Fat:	0 g
Sodium:	160 mg
Total Carbohydrates:	25 g
Dietary Fiber:	8 g
Protein	6 g



My Cooking Notes

