

VEGETARIAN CHILI WITH BUTTERNUT SQUASH

FRESHFARM Staff

serves 6 – 8 as an entree

INGREDIENTS

2 tablespoons olive oil
1 onion, finely chopped
1 cup diced roasted poblano chiles (or 2 4-ounce cans of fire-roasted green chiles)
2 large garlic cloves, minced
2 tablespoons chili powder (mild or hot, you decide!)
1 tablespoon ground cumin
1 tablespoon smoked paprika
1/4 teaspoon cinnamon
1 28-ounce can diced fire-roasted tomatoes
1 teaspoon dried oregano, preferably Mexican
2 tablespoons tomato paste
3 cups vegetable stock
2 cups diced butternut squash
1 pound dried beans (pintos, black, or white), fully cooked along with any reserved cooking liquid. If using canned beans instead, you'll need 4 14-ounce cans; discard the liquid and rinse the beans before adding to the pot.
1 teaspoon salt
1/2 cup chopped cilantro

Many of the ingredients in this hearty chili can be found at market, including dried beans (check out Next Step Produce). The dried beans you find at market are much fresher than what you'll find in the supermarket (which can be years old) and will cook up faster. If you are in a hurry, using canned beans are fine, but we recommend rinsing them in cold water to get rid of any tinny taste.

METHOD

Heat oil in a large pot and add onion. Saute over medium heat until soft. Add garlic and diced poblanos and cook a few minutes, until garlic becomes fragrant.

Add the chili powder, cumin, paprika, and cinnamon and saute another minute. Add the diced tomatoes, oregano, tomato paste, and stock and cook over medium heat until simmering.

Add the diced butternut squash, the cooked beans, reserved liquid, and salt. Bring to a boil then reduce heat so the chili is simmering and cover, cooking 45 minutes, stirring every 15 minutes or so. If it's too thick you can thin it out with water or more vegetable stock. Stir in chopped cilantro, adjust salt, and serve with garnishes such as crumbled *queso fresco* or feta, shredded cabbage dressed in lime juice, chopped cilantro, and diced red onion.