



## **Butternut Squash and Bean Chili**

Serves 6-8

### **Ingredients:**

- 1 onion, diced
- 1 cayenne pepper, diced (optional)
- 3 garlic cloves, minced
- 1 butternut squash, peeled and diced
- 2 Tbsp. olive oil
- 1 Tbsp. chili powder
- 1 tsp. ground cumin
- 2 tsp. salt
- 1, 28-ounce can whole tomatoes, coarsely chopped, with juice
- 1-2 cups vegetable broth
- 1 cup frozen corn kernels (optional)
- 2 (15-ounce) cans kidney, black beans, or pinto beans, rinsed

### *Optional additions for serving:*

- Cooked brown rice, tortilla chips or cornbread
- 2 cups shredded cheese
- ¼ cup plain Greek yogurt
- 1 bunch cilantro, chopped
- 4-5 scallions, chopped
- 1 lime, sliced 8 ways for squeezing
- 2-3 avocados, sliced

### **Preparation**

1. In a 4-quart heavy pot over medium heat, warm olive oil. Add onions, pepper, garlic, and butternut squash, and saute until softened, about 5-7 minutes.
2. Add chili powder, cumin, and salt and cook, stirring, 1 minute.
3. Add tomatoes with juice and vegetable broth and simmer, partially covered, stirring occasionally, 15 minutes.
4. Stir in beans and corn (optional) and continue to simmer, stirring occasionally, 5 minutes. Add more broth if necessary.
5. Serve with additions of your choice and herb roasted potatoes.



## **Herb Roasted Potatoes**

Serves 4-6

### **Ingredients:**

6 potatoes, cut into 1 ½ inch cubes

2 Tbsp. olive oil

1 Tbsp. rosemary, minced

1 Tbsp. sage, minced

Salt and Pepper, to taste

### **Preparation:**

1. Preheat the oven to 400° F. Line a baking sheet with parchment paper or foil.
2. In a bowl, toss the potatoes with oil, salt, pepper, and herbs.
3. Spread potatoes out on the pan in one layer.
4. Roast for 30 minutes, until tender and golden brown.