Butternut Squash and Black Bean Chili
Makes 8 servings
This savory chili is perfect for a fall dinner. Garnish with your favorite toppings.

Ingredients:
1 tablespoon canola oil
1 large onion, diced (about 1 ½ cups)
1 large bell pepper (red or green) diced
2 tablespoons minced garlic
1 jalapeno pepper, seeded and minced (optional)
2 tablespoons chili powder
1 teaspoon ground cumin or coriander
3 cups water
3 cans low-sodium black beans, drained and rinsed
2 (15 ounce) can low-sodium diced tomatoes
1 (2 pound) butternut squash, peeled, seeded, cut into ½ inch cubes
2 tablespoons maple syrup
½ teaspoon salt

Garnish with shredded cheese, low-fat sour cream, chopped onion, or chopped cilantro

Directions:
1. Heat oil in a large pot over medium-high heat. Add onions, bell pepper, and garlic. Cook until softened, about 5 minutes. Add jalapeno, chili powder, cumin and cook for 1 minute.
2. Add water, beans, diced tomatoes, butternut squash, maple syrup, and salt. Bring to a boil then reduce heat and simmer 15-20 minutes, until squash is tender.
3. Serve with your favorite toppings.

Nutritional Information per 1 ½ cup serving:
Calories: 224   Carbohydrates: 44g
Total Fat: 2g    Cholesterol: 0mg
Saturated Fat: 0g  Dietary Fiber: 10g
Sodium: 174mg  Protein: 10g