

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



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:

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|-------------------|--------------------|
| Calories: 224 | Carbohydrates: 44g |
| Total Fat: 2g | Cholesterol: 0mg |
| Saturated Fat: 0g | Dietary Fiber: 10g |
| Sodium: 174mg | Protein: 10g |