



Black Bean Chili

Serves six

1 pound ground beef
1 small or 1/2 large butternut squash, peeled and chopped
1 cup thawed corn kernels
1 large yellow onion, chopped
6 garlic cloves, minced
1/2 green bell pepper, chopped
2 jalapeno peppers, seeded and chopped
2 TBS. chili powder
1 tsp. cayenne pepper
1 tsp. chipotle pepper
1 TBS ground cumin
8 oz. chicken broth
1 -14.5 oz. can diced tomatoes
2 - 14.5 cans black beans
Sour cream, finely chopped red onion, cilantro and corn chips for garnish

Heat a large pot and add the beef. Season generously with salt and pepper. Brown, stirring often. Drain excess fat and set aside.

Wipe the pot and add some olive oil. Add the onion and cook for 8 to 10 minutes until soft and translucent. Add the garlic and cook, stirring, for 1 minute. Add the squash, bell peppers and jalapenos. Mix well and cook for 4 to 5 minutes. Add the dry spices and mix well. Cook for another minute, until fragrant. Add the chicken broth, tomatoes with their juice and the beans with their liquid. Return the beef to the pot and mix well. Season with salt and pepper. Bring to a boil, cover pot and reduce heat. Simmer for 30 minutes. Add the corn and bring back to a simmer. Cook for an extra 30 minutes.

Ladle chili into deep bowls and garnish with sour cream, finely chopped red onion and cilantro. Serve with corn chips or corn bread. Enjoy!