

Butternut Squash & White Bean Chili

November 2019



Ingredients

- 1 ½ cups of dried white beans, soaked and drained
- 1 medium yellow onion, diced
- 1 red bell pepper or 1 carrot, peeled and diced
- 1 ½ tablespoons Chili Powder
- 3 Tablespoons vegetable oil
- 1 butternut squash, peeled and diced (about 5 cups)
- 2 chicken bouillon cubes
- 4 cups water (or use 2 cans of chicken broth in place of bouillon and water)

Directions

- Put beans and water in a bowl. The water should be 2 inches above the beans. Pull out any beans that look bad (split, burnt, shriveled). Let the beans soak over night
- Add oil, chili powder, onion, and pepper to a 3-quart pot on medium. Cook onion and pepper for 3-5 minutes
- Add remaining ingredients to the pot. Bring to boil for 2 minutes. Put lid on and lower to a simmer for 45-50 minutes. Stir occasionally

Recipe Tips

- Choose squash with dark tan colored skin. Green spots means it is not ripe yet
- Store in a cool, dry place up to 3 weeks.
- Prepare squash by boiling, roasting or mashing. It is best to dice it first. Peel the squash until you see bright orange.

Serving Size: 1 cup

Servings: 8

Prep Time: 15 minutes but beans are soaked 1 day ahead

Cook Time: 60 minutes

Nutrition Facts

Amount Per Serving	
Calories	236
Total fat	6g
Saturated fat	0g
Cholesterol	0mg
Sodium	332mg
Total Carbohydrate	38g
Fiber	9g
Sugar	8g
Includes 0g of Added Sugars	
Protein	10 g
Phosphorus	205 mg
Potassium	871 mg



This recipe was created by the dietetics students of Mt. Mary University as part of their "Healthy Shelves" initiative.

