
Butternut Squash Chili/Tacos

4-6 Servings

Equipment

Separate bowls for squash, onions, and peppers
Strainer
Can opener
Parchment paper
Sheet tray
Wooden spoon
Knives
measuring tools (cups and spoons)

Ingredients

1 tbsp cooking oil (any kind)
2 red onions, chopped
1 tsp garlic, chopped (used prechopped garlic = 4 cloves, finely chopped)
1 butternut squash, diced
(can also use 2 sweet potatoes, peeled and diced)
1 jalapeño, diced (optional)
2 red peppers, chopped
1 can black beans
1 tbsp tomato paste
(if making chili use 1 can of canned whole tomatoes)
½ tsp cumin
½ tsp onion powder
½ tsp chili powder
½ tsp garlic powder
½ tsp paprika
½ tsp oregano
½ tsp chili flakes (at your discretion)
(can use 1 pack of low-sodium taco mix seasoning if spices are not available)
1 lime, quartered
salt & pepper (to taste)
*can use 1lb of lean ground beef or turkey if you'd like to make this with meat
- ensure that you cook the meat prior to adding it to the chili or taco mix

Directions for Chili

1. Add cooking oil on saucepan on medium heat.
2. Add onions, let it *sweat* until translucent.
3. Incorporate the garlic into the saucepan. It should start to smell really good!
4. Add spices to cook for 1 to 2 more minutes.
5. Add in squash and cover saucepan for 5 mins.
6. Add peppers, tomato paste and stir until fully incorporated. Takes about 5 mins
7. Stir in canned tomatoes (with juices), bring to a simmer. Should take about 5-7 mins on medium-high heat. Once the chili is simmered, reduce the heat to low. Stirring occasionally for 20 mins.
8. Add beans and corn, return to a simmer. Cook for about 5 minutes.
9. Add salt and pepper to your taste!
10. If available, top the dish with some optional toppings!

PANTRY LIST

Cooking oil (canola)	\$2.38
Garlic paste(prechopped)	\$3.48
Cumin powder	\$2.50
Chili powder	\$2.00
Chili Flakes	optional
Salt	\$1.38
Pepper	\$1.98

*These staples are a great because you can use them in so many different recipes!

Values may vary depending on grocery store

11. Leftovers can be stored in the refrigerator for up to a week and can be frozen up to 3 months. *If using meat for this recipe, leftovers can be stored in the refrigerator for 3 days and can be frozen up to 3 months.
12. **HOT TIP:** If you're using a slow cooker, you can put all the ingredients into the cooker and let it simmer for 6-8 hours.

Directions for Tacos

1. Set the oven to 375F.
2. With a can opener, open the black beans, and strain under water.
3. In a large bowl, add cooking oil, red onions, garlic, sweet potatoes, jalapeno, red peppers, black beans, tomato paste, taco seasoning, and (optional) chili flakes.
4. Lay out the mix onto a sheet tray that is lined with parchment paper.
5. Bake for 30-40 mins (until the potatoes are cooked) – oven strength may vary depending on the oven. Ensure that you turn/flip the mixture in the tray once, about halfway through the cooking cycle.
6. Once completed, add a pinch of salt and pepper and a squeeze of lime
7. Leftovers can be store in the refrigerator for up to a week to 10 days. *If using meat for this recipe, leftovers can be stored in the refrigerator for 3 days and can be frozen up to 3 months.

Serving ideas

Hard-shell tacos:

Shredded cabbage
Cheese
Salsa
Canned refried beans
Cilantro

Taco salad:

Shredded cabbage
Cheese
Salsa
Crushed nachos/taco shells
Cilantro

Soft-shell tacos:

Canned refried beans
Salsa
Cheese
Shredded cabbage
Cilantro

Recipe modified from: <https://juliasalbum.com/butternut-squash-and-bean-chili-recipe/>