



# CHILI

## BUTTERNUT SQUASH AND LENTIL CHILI

**MAKES 6-8 SERVINGS**

1. Dice your onion, garlic and jalapeño peppers; For less heat, remove the seeds from the peppers (also be careful not to touch your eyes after!)
2. Heat up a bit of olive oil in your pot and add the diced onion, garlic and peppers and sauté until onions are translucent
3. Add the cut-up butternut squash, chili powder and some salt; Stir and brown the butternut squash until soft (add a bit of broth if everything is sticking to the bottom of the pan)
4. Add the remaining ingredients and stir: two (2) cups of broth or so, beans, lentils, paprika, dash of liquid smoke, a couple drizzles of BBQ sauce
5. Cover and reduce to a simmer; Simmer for 45 mins to an hour or until most of the liquid is reduced
6. Add more broth or a bit of water if desired and thicken the chili using a dash of flour

## INGREDIENTS

- 2 oz. Low-Sodium Vegetable Broth or Chicken Broth
- 1 lb. Steamed Lentils (pre-cooked or fresh)
- 1 Package Pre-Cut Butternut Squash or 1 Butternut Squash (fresh) , can also use Sweet Potatoes
- 2 Jalapeño Peppers
- 1/2 Yellow or White Onion
- 1 Can of Black Beans
- 1 Can of Red Beans (optional)
- 1 Can of White Beans (optional)
- Fresh Garlic
- 1-2 tbs. Chili Powder
- 1-2 tbs. Paprika
- Dash of Liquid Smoke
- 1 tbsp BBQ Sauce
- Add dash of hot sauce (optional!)