

Butternut Squash Chili

HERE'S WHAT YOU'LL NEED

1/2 medium white onion, chopped

2 red bell peppers, chopped

1 small butternut squash (less than 1 1/2 pounds), peeled and chopped

3 tablespoons minced garlic

2 tablespoons olive oil

1 teaspoon salt

1 tablespoon chili powder

1 teaspoon ground cumin

1/2+ tablespoon chopped chipotle in adobo

1 teaspoon ground cinnamon

14-ounce canned diced tomatoes, including the liquid

2 cans rinsed and drained black beans

1 can green chiles

2 cups vegetable broth

LET'S GET STARTED

1. To get started, get your vegetables chopped up.
2. Over medium high heat, turn your vegetables with olive oil for about 10 minutes.
3. Stir consistently to help vegetables to cook evenly. Reduce heat to medium when onions appear translucent.
4. Add your chili ingredients and simmer over low to medium heat for 2 to 4 hours.
5. When you are almost ready to serve, prepare your rice.
6. Pour chili over rice generously. Top with dollop of sour cream and garnish with avocado and blue cheese.