

Vegetarian

Diana's Butternut Squash & Black Bean Chili

From the kitchen of Diana Henry, RN

- 1 medium baked butternut squash, diced up to equal 4 cups
- 2 large onions, chopped coarsely
- 2 Tablespoons olive oil
- 4 garlic cloves, minced
- 2 bay leaves
- 1 Tablespoon cumin
- 1 Tablespoon dried oregano
- ½ teaspoon ground black pepper
- 1 Tablespoon chili powder
- ¼ teaspoon ground cloves
- ¼ teaspoon cayenne pepper
- 2 cans (28 ounce) whole tomatoes, with juice, low-sodium
- 2 to 3 cups water
- 2 cups canned black bean, low-sodium, rinsed
- 2 cups frozen or fresh corn (3 to 4 ears)
- ½ teaspoon salt
- 1 bunch cilantro, washed with tough stems removed

Bake the whole butternut squash at 350° F for 20 – 30 minutes, till a fork comes out easily. Cut the squash open, scoop out the seeds, peel the skin close to the squash and dice into cubes.

In a large soup pot, over medium heat, sauté the onions in oil until translucent, 10 – 15 minutes. Add garlic and sauté another 1 – 2 minutes. Add spices and continue cooking while stirring to prevent burning, about 1 minute. Add tomatoes and break apart with a masher. Add squash and 2 cups of water. Bring to a boil, turn down the heat to low and cover to let simmer for 5 minutes. Add the black beans, corn and the additional water and simmer to let flavors blend, about 5 minutes. Remove bay leaves and season with minimal salt. Top with chopped cilantro to serve.