



# Black Bean and Butternut Squash Chili

Shine **365**  
Marshfield Clinic

**PREP TIME:** 20 minutes • **COOK TIME:** 6 hours, 10 minutes • **SERVINGS:** 8

## INGREDIENTS

- ¼ cup olive oil
- 3 onions, chopped
- 4 cloves garlic, minced
- 1 red bell pepper, seeded and chopped
- 1 green bell pepper, seeded and chopped
- 2 jalapeños, seeded and minced
- 4 15-ounce cans black beans, rinsed and drained
- 2 14.5-ounce cans diced fire-roasted tomatoes
- 3 tablespoons chili powder
- 2 tablespoons cumin
- 1 tablespoon dried oregano
- 4 cups butternut squash (about 2 lb.), peeled, seeded and cut into ½-inch dice
- Salt and pepper

## INSTRUCTIONS

Warm oil in a large skillet over medium heat. Sauté onions until tender, about 3 minutes. Add garlic; sauté 1 minute. Add bell peppers and jalapeños; sauté until tender, about 3 minutes.

Transfer pepper mixture to slow cooker. Stir in beans, tomatoes, chili powder, cumin and oregano. Arrange squash on top. Cover and cook on low for 6 hours.

Season chili with salt and pepper. Serve with sour cream, salsa and other accompaniments, if desired.

## NUTRITION INFORMATION

Each serving contains about 276 calories; 8 g total fat; 50 g carbohydrates; 16 g fiber; 0 mg cholesterol; 1190 mg sodium.