

Squash and White Bean Chili



TAKE YOUR CHILI DISH TO A WHOLE NEW LEVEL

SOURCE: CAITLIN SHOEMAKER



INGREDIENTS

- ¼ cup Nutritional Yeast
- 1 medium yellow onion, diced
- 2 large garlic cloves, minced
- ½ bunch cilantro, stems and leaves divided
- 1 medium carrot, diced
- 1 Red Bell Pepper, diced
- 2 large Jalapeños, deseeded and finely diced
- ½ tsp cumin
- 1 tsp Smoked Paprika
- 3-4 cups Cannellini Beans, cooked and rinsed = 2-15.5oz cans cannellini beans, drained and rinsed
- 3 - 3 ½ cups Butternut Squash, diced into ¼" cubes = 1-12oz OR 1.5-10oz bag of Frozen Butternut Squash
- 3 ½ cups Vegetable broth, divided
- Salt and Black Pepper, to taste

DIRECTIONS

- 1** Toast the nutritional yeast: Add the flakes to a large non-stick pot and cook over Medium Heat for 3-5 minutes, stirring frequently. The flakes will darken, become fragrant, and start to "smoke" when they are toasted.
- 2** Add the diced onion, minced garlic and chopped cilantro stems to the pot along with 1/4 cup of the vegetable broth. Reduce the heat to medium-low, and sauté the onion, garlic and cilantro until translucent, about 3-5 minutes.
- 3** Add the bell pepper, carrot, jalapeño, cumin, and smoked paprika to the pot along with another small splash of broth. Sauté for an additional 1-2 minutes.
- 4** Finally, add the beans, cubed butternut squash, and the remainder of the vegetable broth to the pot; bring to a boil over high heat, and then reduce the heat and simmer for 20-25 minutes, stirring every few minutes to help break down the squash.

**Note: Leftovers will keep in the fridge for up to one week, or can be frozen for up to two months.*



45 min



Serves 4-5