



Pumpkin Chili



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Ingredients:

- * 1 ½ to 2 c butternut squash
- * 2 Tbs olive oil
- * 1 large onion
- * 1 yellow bell pepper
- * 3 cloves garlic, minced
- * 2 15-oz cans black beans
- * 1 15-oz can pumpkin, solid pack
- * 1 14.5-oz can diced tomatoes
(Mexican style, spicy as you like)
- * 3 c vegetable broth
- * 2 tsp dried parsley
- * 1 ½ tsp cumin
- * 1 Tbs chili powder
- * ½ tsp kosher salt or sea salt
- * ¼ tsp black pepper

Directions:

Clean and chop the onion and bell pepper. In a large Dutch oven, sauté in olive oil. Prep butternut squash by washing well, carefully cutting off the long neck, then peel and cube. Add cubed squash to the pan and stir to lightly brown. Add salt, pepper, and minced garlic. Stir and cook until onions are translucent and the squash is lightly browned.

Add vegetable broth, stir. Add black beans, tomatoes, and canned pumpkin, stirring after each addition. Season with parsley, cumin, and chili powder, and stir.

Simmer for 1 ½ to 2 hours OR put into a crockpot and cook on low 4-5 hours.

Serve with some good cornbread.