

## **BUTTERNUT SQUASH CHILI**

Ok, you're going to have to trust me on this... I love this recipe. The sweetness of the butternut squash goes beautifully with the spiciness of the chili. It is perfect for trying out a new Fall/Winter recipe. The addition of chia seeds provides extra protein, texture and thickness. They are also a great source of Omega-3 and micronutrients. The ground coriander adds another depth of flavor, being somewhat sweet with a bit of citrus flavor. If you don't want to use it, you can always increase your cumin by 2 teaspoons instead. The dish will still be great. There are 5 servings in this recipe. *A serving covers your protein, veggie, and fat.*



## INGREDIENTS

- 1 Tbs. virgin coconut, macadamia nut, avocado oil
- 1 lb. 100% grass-fed ground beef or ground turkey/chicken
- 1 medium onion, diced
- 3 cloves garlic, minced (can use from a jar, if pure garlic)
- 1/4 cup chili powder
- 1 Tbs. ground cumin
- 2 tsp. ground coriander (can use more cumin instead)
- 3 Tbs. organic tomato paste
- 1 small butternut squash, peeled, seeded and cut into 1/2 inch cubes (approx. 3.5 cups if purchasing fresh, already diced)
- 28 oz. can of organic diced tomatoes
- 4 cups organic chicken broth (can use water but broth is better)
- 2 medium zucchinis quartered and sliced **or** 3 cups frozen broccoli florets (may need to cut smaller)
- 1/4 cup chia seeds (can be optional)



- Himalayan sea salt and black pepper
- 1-2 Tbs. Braggs apple cider vinegar

## **INSTRUCTIONS**

Heat oil over medium-high heat in a large pan or Dutch oven. Add the ground beef/turkey, breaking up chunks with a wooden spoon until nicely browned. Reduce heat to medium and add the onion and garlic. Cook until soft (about 3 minutes).

Add chili powder, cumin and coriander, mixing well. Add tomato paste and 1 tsp. sea salt, stirring until combined. Add the butternut squash, tomatoes and chicken broth, scraping the bottom to release any stuck bits. Bring to a simmer, uncovered, for 20 minutes. Add the zucchini/broccoli. Mix well and continue to simmer uncovered for 15-20 minutes or until the butternut squash and vegetables are tender.

Stir in the chia seeds, heating through for 5 minutes. Adjust any salt and pepper to taste and stir in the apple cider vinegar. Enjoy!



## **Maintenance Options:**

For those on maintenance, you can eat the recipe as is or add 2 14-oz cans of organic black beans, drained and rinsed. You can either leave in or omit the zucchini/broccoli. You can also add one can of the beans and  $\frac{1}{2}$  the amount of zucchini or broccoli for variety.