

BUTTERNUT SQUASH CHILI

By Dr. Cindy Tanzar

Ok, you're going to have to trust us on this... we love this recipe. The sweetness of the butternut squash goes beautifully with the spiciness of the chili. The chia seeds are optional, but provides extra protein, texture and thickness. If you don't have or don't want to use the coriander, just increase the cumin by 2 teaspoons instead. There are 5 servings in this recipe to be divided equally.



INGREDIENTS

- 1 Tbsp. virgin coconut or avocado oil
- 1 lb. 100% grass-fed ground beef or ground turkey/chicken (the least lean)
- 1 medium onion, diced
- 3 cloves garlic, minced (can use jarred)
- 1/4 cup chili powder
- 1 Tbsp. ground cumin
- 2 tsp. ground coriander (or more cumin instead)
- 3 Tbsp. 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 diced tomatoes
- 4 cups organic chicken broth
- 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)
- Pink Himalayan salt and black pepper, to taste
- 1-2 Tbsp. Braggs apple cider vinegar, to taste (brightens flavor)
- Optional: 1 or 2 14-oz cans of black beans, drained and rinsed *

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. pink 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 and beans, if adding. 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!

Note:

If adding black beans, you can either leave in, reduce or omit the zucchini/broccoli.