

VEGETABLE CHILI

By Dr. Cindy Tanzar

This recipe is a favorite with many of our clients. It's so hearty and delicious... a perfect meal for those cool fall and winter nights! Hiding the vegetables in the chili makes this recipe even more friendly for picky eaters!

Makes 6 servings



INGREDIENTS

- 2 small to medium acorn squash, cut in half, seeds removed
- 4 Tbsp coconut or avocado oil, divided
- Pink Himalayan salt & black pepper, to taste
- 1 leek, cut in half, sliced 1/4" thick or 1 medium onion, chopped
- 1 pkg Sweet or Hot Italian Chicken Sausage, casings removed
- 4 cups tightly packed, torn kale or spinach
- Crushed red pepper, to taste (optional)
- 2 Tbsp chopped walnuts

INSTRUCTIONS

1. Preheat oven to 400°F. Line a baking sheet with aluminum foil or parchment paper. Cut a very thin slice off the round bottom of the halved squash to create a stable base. Grease each half of acorn squash with oil, then sprinkle with sea salt & pepper. Place squash flesh side down on the baking sheet. Bake until golden and tender, approx. 35-45 minutes. (Insert a knife through the skin to check.)



2. While squash is roasting, cut the skin/casing off of the sausages. Heat a skillet and 2 Tbsp oil on medium-high heat. Add sausage and brown, while breaking it into coarse pieces, until cooked through. Set aside into a bowl (leave fat in the pan), then add leeks or onion, sautéing until soft. (Can add oil, if needed) Add kale and crushed red pepper (if using), cooking until tender, 5-10 minutes. Add sausage and mix well.
3. Remove squash from oven, placing upright on a plate. Stuff the squash with 1/4 of the sausage mixture and sprinkle with 1/2 Tbsp of walnuts. Or remove the squash from the skin onto a plate and serve the sausage mixture over it. Enjoy!

OPTIONS

Roast the acorn squash according to above directions. Serve with butter, salt and pepper.