

# Butternut Squash Chili

**Yield:** 8 servings | **Rating:** 5/5 | **Source:** Cooking With Coit (YouTube)

## Ingredients

- 1 medium butternut squash (peeled and cut into 1" cubes)
- 1 ½ pounds ground chuck
- 1 Tbsp bacon fat (optional)
- 2 medium onions (finely minced)
- 1 tsp ground cumin
- 1 Tbsp ground chili powder
- 1 tsp ground coriander
- 1 Tbsp ground paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 small can tomato paste
- 4 Tbsp olive oil
- 32 oz chicken stock
- 2 cans of pink beans (or any other tender-skinned bean)
- salt and pepper to taste

## Nutrition

Calories 511, Carbohydrates 38g, Protein 25g, Fat 30g, Fiber 8g



## Instructions

1. In a 6 quart heavy bottom pot or dutch oven, heat olive oil and sauté onions until tender and translucent. Remove from pot and set aside.
2. Sauté ground chuck in 2 batches until crispy and browned. When completed, add the onions back to the pot.
3. Add the spices and allow them to bloom for about 1 minute and then add the tomato paste constantly stirring for 1-2 minutes.
4. Add the chicken stock and stir to blend all the spices and tomato paste.
5. Add the cubed butternut squash and reduce to a simmer for 30-40 minutes until the squash is fork tender.

Once the squash is tender, take a potato masher and mash the squash. This will thicken the chili. Add the pink beans and simmer for an additional 15-20 minutes to allow the flavors to blend.

6. Serve by itself or on top of rice.