

Who Woulda Think Chili
Makes 10 cups



Ingredients

Instructions

1 Tbsp. olive oil + 1-2 additional
1 large onion, diced to ½”

2 bell peppers (1 red, 1 green) diced to 1”
½ jalapeno pepper, seeded and diced to ¼” (more or less to taste)

4 cloves garlic, chopped
2 Tbsp. chili powder, more or less, to taste
1 Tbsp. ground cumin

Sauté Aromatics In a heavy-bottomed soup pot, warm oil over medium heat until hot but not smoking. Stir in onion and sauté until lightly browned, about 5 to 7 minutes, stirring occasionally to prevent. Stir in peppers and saute another 5 to 7 minutes, stirring occasionally.

Reduce heat to low, push onion and peppers to sides of pan and into the middle, add another 1-2 tsp. oil. Once warm, stir in garlic, chili powder and cumin. Cook 2 to 3 minutes until fragrant, stirring occasionally to prevent burning.

1 qt. vegetable broth (preferably Imagine)
4 cups butternut squash, cubed into 1” pieces (pre-cut if desired)
4 15-oz. cans of beans of choice (e.g., kidney, black, white and pinto), with their juices
1 15-oz. can diced tomatoes (preferably Muir Glen Fired Roasted)
Sea salt and freshy ground pepper, to taste

Add broth, squash, beans tomatoes and salt and pepper and stir well to combine. Bring to a boil over high heat then reduce heat to low and simmer until squash is tender, about 20 to 30 minutes. If desired, cook longer to thicken chili further.

Be sure to stir fairly often so chili doesn’t stick to bottom of pan!

½ bunch kale , stemmed and chopped into roughly 1-2” pieces

Add and Cook Kale Stir kale into chili, cover and cook until tender to taste, about 5 to 10 minutes, stirring occasionally.

Optional Toppings Chopped fresh cilantro Guacamole Sour cream Shredded cheese Tortilla chips	Taste and Adjust Seasonings, Serve with Optional Toppings Taste and add more salt, pepper, cumin or chili powder, as desired. Serve with toppings, as desired.
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Recipe courtesy of Mindy Gorman-Plutzer <https://www.thefreedompromise.com/> , adapted from Clean and Delicious



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