

Turkey, Black Bean and Butternut Squash Chili

Ingredients:

- 1 can Goode Foods™ Black Beans, (rinsed & drained)
- 1¼ lb. ground turkey
- 1/3 cup sweet onion
- 1 red bell pepper, chopped
- 3 garlic cloves, minced
- Flour
- Olive oil
- 2 Tbsp. chili powder
- 1 Tbsp. dried oregano
- 1 tsp. cumin
- 2 1/2 cups butternut squash; diced
- 3-4 cups chicken stock
- 1 can fire-roasted diced tomatoes; drained
- 2-3 chipotle peppers in a adobe; seeds removed and chopped
- 1/3 cup cilantro
- Optional toppings: Chihuahua cheese and sour cream

Directions:

- Cook turkey and drain.
- Sauté onion and red pepper in olive oil, add garlic at the end.
- Add chili powder, oregano, cumin and pumpkin then add flour to make a roux; cook 1 more minute add stock.
- Stir in remaining ingredients.
- Bring to a boil; reduce heat to low and simmer 20 to 25 minutes or until pumpkin is tender, then add cilantro.
- Serve with cheese and sour cream.

Nutritional Information:

(Makes 6-8 Servings)

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| • 331 | Calories |
| • 10 g | Total Fat |
| • 66 mg | Cholesterol |
| • 656 mg | Sodium |
| • 37 g | Total Carbohydrate |
| • 8 g | Dietary Fiber |
| • 8 g | Sugar |
| • 26 g | Protein |

