

Winter Squash and Black Bean Chili



- 5 teaspoon oil
- 1 medium Butternut or Hubbard squash, peeled, cut in $\frac{3}{4}$ pieces
- 2 medium carrots, diced
- 1 medium onion, diced
- 3 tablespoon chili powder
- 1 teaspoon ground cumin
- $\frac{1}{4}$ teaspoon ground cayenne
- 2 cloves garlic, minced
- 1 28-oz can plum tomatoes
- 1 cup water
- $\frac{1}{4}$ teaspoon salt
- 2 15-oz cans black beans, drained
- $\frac{1}{4}$ cup chopped cilantro (optional)

In a large pot, heat 2 teaspoons oil over medium high heat. Add squash and cook, stirring occasionally, until golden. Remove and set aside. Return empty pot to stove.

Heat 3 more teaspoons oil over medium-high heat. Saute carrots and onion until well browned. Stir in chili powder, cumin, cayenne, and garlic. Cook one minute, stirring well. Add tomatoes with their liquid, water, and salt. Bring to a boil over high heat. Reduce to low heat. Cover and simmer 15 minutes, stirring occasionally with a spoon to break up tomatoes.

Stir in squash and black beans. Raise heat and bring to a boil. Lower heat, cover, and simmer 15 minutes, or until squash is tender and chili thickens. Stir in cilantro and serve.