

# Butternut Squash Chili

Yield: 10 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/butternut-squash-chili-recipe-southern-living>

## Ingredients:

- 2 tablespoons olive oil
- 1 onion diced
- 7 cloves garlic chopped
- 1 teaspoon sugar
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1 teaspoon ground cinnamon
- 2 teaspoons oregano
- 2 teaspoons ground coriander
- 1 pound ground turkey
- 3 tablespoons tomato paste
- 2 green bell peppers seeded and chopped
- 2 cans fire roasted tomatoes 14.5 oz each, with juices
- 2 cups chicken broth
- 28 ounces black beans each cans, rinsed well and drained
- 1 butternut squash medium, peeled/seeded, and cubed into 1/2 inch pieces
- kosher salt
- freshly ground black pepper
- shredded cheddar cheese for topping, optional

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 35 milligrams
4. Fat: 8 grams
5. Fiber: 8 grams
6. Protein: 15 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 500 milligrams

9. Sugar: 3 grams

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