

Easy One Pot Game Day Chili

Yield: 7 min
Total Time: 80 min

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

Ingredients:

- 2 tablespoons olive oil
- 1 1/2 pounds ground beef omit for a vegan chili
- 4 garlic cloves minced
- 1 tablespoon cumin
- 1 tablespoon chili powder
- 1/4 teaspoon cayenne
- 1 pinch salt big
- 1 sweet onion medium, diced
- 1 red bell pepper cored, seeded & diced
- 3 cups butternut squash cubed
- 15 ounces black beans 1 can ,drained and rinsed
- 15 ounces pinto beans 1 can ,drained and rinsed
- 7 ounces diced green chilies 1 can
- 14 1/2 ounces diced fire roasted tomatoes 1 can ,Muir Glen
- 28 ounces Muir Glen Crushed Tomatoes 1 can ,with basil
- 3 cups chicken broth or water for a vegan chili
- 1 lime juiced
- 2 tablespoons avocado oil or any oil your prefer that has a high smoke point
- 8 corn tortillas small, cut in half, then cut crosswise into 1/4-inch-wide strips
- 1/2 lime juiced
- salt to taste
- lime wedges
- avocado sliced
- jalapeño thinly sliced
- green onions thinly sliced
- cheddar cheese grated
- fresh cilantro chopped
- sour cream

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 70 milligrams
4. Fat: 28 grams
5. Fiber: 12 grams
6. Protein: 32 grams
7. SaturatedFat: 8 grams
8. Sodium: 750 milligrams
9. Sugar: 6 grams
10. TransFat: 1 grams

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