

Beans and Butternut Chili

Saginaw Career Complex



Ingredients

1 lb. ground meat
1 butternut squash
6 baby red potatoes
½ lb. dry black beans
½ onion, diced
½ red bell pepper, diced
32 oz. low sodium vegetable stock
15.5 oz. can low sodium diced tomatoes
2 cups low sodium tomato sauce
15.5 oz. can northern beans
¼ tsp chili powder

Directions

Put black beans in a large pot and cover with water at least 2 inches above beans, bring to boil, then lower heat to med high and cook about 45 minutes or until soft, drain. Peel and cut squash and potatoes into 1-inch chunks, cook in large pot of boiling water about 12 minutes, drain. Brown meat with onions and peppers in a skillet or fry pan. Drain any excess fat. Combine everything in a large pot and simmer. Add more chili powder, salt & peppers to taste, dollop of sour cream to finish

Nutritional Information	Servings 12
Calories per serving	262
Total Fat	5g
Saturated Fat	2g
Cholesterol	32mg
Sodium	475mg
Total Carbohydrates	41g
Dietary Fiber	10g
Protein	16g