



**GREEN  
CHEF**

# BUTTERNUT SQUASH CHILI

*Black beans, roasted red peppers, corn, cheddar & tortilla strips*

## COOK TIME

30 MIN

## SERVINGS

2

## CALORIES PER SERVING

830

Adobo-seasoned tomatoes are the smoky-sweet undercurrent of tonight's delectable vegetarian chili. Rich in peppery flavors, they infuse warm earthiness into the pot of simmering butternut squash, black beans, roasted red peppers, and corn. A dollop of cilantro-lime crema and a sprinkle of cheddar cheese temper the meal's heat, and homemade tortilla strips deliver a crispy finale.

## INGREDIENTS (11 ITEMS)

|         |  |
|---------|--|
| 7 oz    | <b>Butternut squash</b>  |
| 13 ¼ oz | <b>Black beans</b>   |
| 7 ¾ oz  | <b>Adobo-seasoned tomatoes</b>                                       |
| ½ cup   | <b>Roasted red peppers</b>   |
| ½ cup   | <b>Corn</b>  |
| 1 whole | <b>Red onion</b>   |
| 1 whole | <b>Scallion</b>  |
| 1 oz    | <b>Sharp cheddar cheese</b> <small>M</small>                         |
| 2 ¼ oz  | <b>Spiced cilantro-lime crema with Greek yogurt</b> <small>M</small> |
| 6 whole | <b>Flour tortillas</b> <small>W</small>                              |
| 1 whole | <b>Vegetable stock concentrate</b>                                   |

## WHAT YOU'LL NEED

large pot  
baking sheet  
large bowl  
measuring cup & spoons  
peeler  
box grater  
strainer  
oven mitt  
cooking & olive oils  
salt & pepper

## ALLERGENS

M MILK  
W WHEAT



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to [help.greenchef.com](https://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 START PREP

- Preheat oven to 375 degrees.
  - Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.\* Grate **squash** on large holes of a box grater over a large bowl.\*\*
- \*If you don't have a sharp peeler, carefully use a sharp knife. Place squash cut-sides down, then slice away the skin, curving your knife with the shape of the squash as you go.*
- \*\*If you have a food processor, use the shredding disk to quickly grate the butternut squash instead.*

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 FINISH PREP

- Cut ends off **red onion**\* and discard peel. Halve lengthwise. Lay flat and small dice into pieces, about ¼ inch each.
- Strain and rinse **black beans**.
- Thinly slice **scallion**; discard root end.

*\*We recommend using the whole onion in this recipe, but feel free to add it to your taste.*

## 3 START CHILI

- Heat about 1 ½ tablespoons cooking oil in a large pot over medium heat. Add **onion** to hot pot. Season with about ¼ teaspoon salt and a pinch of pepper. Cook about 2 minutes, stirring occasionally.
- Add **roasted red peppers** and **corn**. Cook about 1 minute, stirring occasionally.
- Add **squash** (wipe out bowl). Cook about 2 minutes, stirring occasionally.

## 4 FINISH CHILI

- Add **beans**, **adobo-seasoned tomatoes**, about 2 cups water, and **vegetable stock concentrate** to pot with veggies. Stir to combine. Bring to a simmer, then reduce heat to medium-low. Cook 12-15 minutes, or until flavors meld, stirring occasionally. Salt and pepper to taste.\* Stir to combine.

*\*Taste the chili after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*

## 5 MAKE TORTILLA STRIPS

- Stack **flour tortillas** and slice across into strips, about ¼ inch wide.
- Place **tortilla strips** in bowl used for squash. Drizzle with about 1 teaspoon olive oil. Season with salt and pepper. Gently stir to coat.
- Spread **tortilla strips** out in a single layer on a lightly oiled, foil-lined baking sheet. Bake 8-10 minutes, or until crispy.

## 6 PLATE YOUR DISH

- Divide **butternut squash chili** between bowls. Top with **sharp cheddar cheese**, **spiced cilantro-lime crema with Greek yogurt**, and **crispy tortilla strips**. Garnish with **scallion**. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (655g)

**Amount per serving**

**Calories** **830**

|                                | % Daily Value* |
|--------------------------------|----------------|
| <b>Total Fat</b> 29g           | 37%            |
| Saturated Fat 10g              | 50%            |
| Trans Fat 0g                   |                |
| <b>Cholesterol</b> 35mg        | 12%            |
| <b>Sodium</b> 1710mg           | 74%            |
| <b>Total Carbohydrate</b> 102g | 37%            |
| Dietary Fiber 7g               | 25%            |
| Total Sugars 15g               |                |
| Includes 0g Added Sugars       | 0%             |
| <b>Protein</b> 31g             |                |
| Vitamin D 0mcg                 | 0%             |
| Calcium 467mg                  | 35%            |
| Iron 7mg                       | 40%            |
| Potassium 1520mg               | 30%            |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Flour Tortillas** [wheat flour (unbleached wheat flour, niacin, iron thiamin mononitrate, riboflavin, enzyme, folic acid), water, vegetable shortening (palm oil), salt, mono- and diglycerides, calcium propionate, vital wheat gluten, rice flour, sugar, sodium bicarbonate, fumaric acid, sorbic acid, sodium aluminum sulfate, sodium aluminum phosphate, guar gum, cmc gum, enzymes (wheat starch, microcrystalline cellulose), sodium metabisulfite], **Cilantro-Lime Crema** (Cilantro, Greek Yogurt [pasteurized organic whole milk, organic sweet cream buttermilk, living yogurt cultures: L. acidophilus, L. bulgaricus, S. thermophilus, and Bifidobacterium lactis], Lime Juice [lime], Sea Salt, Ground Coriander, Granulated Garlic), **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Corn** [corn], **Scallions**, **Black Beans** [black beans, water, salt], **Roasted Red Peppers** [bell pepper], **Red Onion**, **Butternut Squash**, **Veggie Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot , celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Adobo-Seasoned Tomatoes** (Ground Tomatoes [organic tomatoes, organic tomato puree, sea salt, citric acid], Chili Powder, Ground Cumin, Onion Powder, Granulated Garlic, Dried Oregano, Ancho Chili Powder, Tomato Paste [vine ripened organic tomatoes], Ascorbic Acid [ascorbic acid])

### Allergen information:

Contains Milk And Wheat

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*