



BUTTERNUT SQUASH CHILI

Black beans, adobo tomatoes, corn, cheddar & tortilla strips

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
850

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

INGREDIENTS (11 ITEMS)

- 7 oz **Butternut squash**
- 13 ¼ oz **Black beans**
- 7 ¾ oz **Adobo-seasoned tomatoes**
- 2 ¾ oz **Corn**
- 2 ¼ oz **Roasted red peppers**
- 1 whole **Yellow onion**
- 1 whole **Scallion**
- 1 oz **Sharp cheddar cheese** M
- 2 ¼ oz **Spiced cilantro-lime crema with Greek yogurt** M
- 6 whole **Flour tortillas** W
- 1 whole **Vegetable stock concentrate**

WHAT YOU'LL NEED

- large pot
- baking sheet
- large bowl
- measuring cup & spoons
- strainer
- peeler
- box grater
- 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 [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 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.**
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay one half flat and small dice into pieces, about ¼ inch each (reserve remaining half for another use).
- Strain and rinse **black beans**.
- Thinly slice **scallion**; discard root end.

**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 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, or until lightly browned, stirring occasionally.
- Add **corn** and **roasted red peppers**. Cook about 1 minute, or until roasted red peppers are warmed through, stirring occasionally.
- Add **squash** (wipe out bowl). Cook about 2 minutes, or until squash begins to soften, stirring occasionally.

3 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 squash is tender and 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.*

4 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.

5 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 (667g)

Amount per serving

Calories **850**

	% Daily Value*
Total Fat 30g	38%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 1550mg	67%
Total Carbohydrate 101g	37%
Dietary Fiber 15g	54%
Total Sugars 17g	
Includes 1g Added Sugars	2%
Protein 36g	
Vitamin D 0mcg	0%
Calcium 520mg	40%
Iron 9mg	50%
Potassium 1317mg	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 [yogurt (cultured pasteurized nonfat milk, cream)], 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, Scallions, Black Beans** [black beans, water, salt, firming agent: calcium chloride], **Roasted Red Peppers** [roasted red pepper, water, citric acid, sea salt], **Yellow 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 [tomatoes, tomato puree, sea salt, citric acid], Chili Powder, Ground Cumin, Onion Powder, Granulated Garlic, Dried Oregano, Ancho Chili Powder, Tomato Paste [tomato paste, citric acid], 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.