Winter Squash & Black Bean Chili

Ingredients:
- 1 tablespoon canola oil
- 6 cups cubed Butternut or Hubbard squash
- 1 cup sliced carrots
- 1/2 cup onion, chopped
- 3 tablespoons chili powder
- 1 teaspoon ground cumin
- 1/4 teaspoon ground cayenne pepper
- 2 cloves garlic, minced
- 28 ounce can stewed, low-salt tomatoes
- 1 cup water
- 15 ounce can low-sodium black beans, drained
- 1/4 cup fresh cilantro, chopped (optional)

Directions:

1. In a large pot, heat oil over medium-high heat. Add squash and cook, stirring occasionally, until golden. Remove squash from pot and set aside.

2. Return empty pot to stove. Sauté carrots and onion until well browned, stirring constantly to prevent burning. Stir in chili powder, cumin, cayenne pepper and garlic. Cook one minute, stirring well.

3. Add tomatoes with their liquid and the 1 cup water. Bring to a boil over high heat. Reduce to low heat. Cover and simmer 15 minutes, stirring occasionally with a spoon to break up tomatoes.

4. Stir in squash and black beans. Raise heat and bring to a boil. Lower heat, cover and simmer 15 minutes, or until squash is tender and chili thickens. Stir in cilantro, if desired, and serve.

Yields about 6 servings

Source: Recipe adapted by staff at CUCE-Yates County from http://communityfoodbank.com/community-food-security-center/ Vegetable of the Mon