

BUTTERNUT SQUASH CHILI

By DairyFreeGina

****Dairy Free** **Vegan** **Gluten Free****



Ingredients

1 Tablespoon Olive Oil

1 yellow onion, diced

1 garlic clove, minced

1 jalapeño, diced

1 medium butternut squash, peeled and cubed

1 14-ounce can diced tomatoes

1 can white kidney beans, drained and rinsed

1 teaspoon cumin

¼ teaspoon salt

1 tablespoon tomato paste

1 teaspoon chili powder

2 cups vegetable stock

1/3 cup quinoa

Directions

1. Cook quinoa according to package directions .
2. In large pot over medium heat add onion, garlic, pepper, and squash and cook until softened.
3. Add the tomatoes, stock, kidney beans, and seasonings. Mix well. Simmer 30-45 minutes
4. Ten minutes before serving stir in quinoa and heat through.

